



Shine On

Spring Program Guide

YMCA of Central East Ontario | Belleville Branch



ymcaofceo.ca



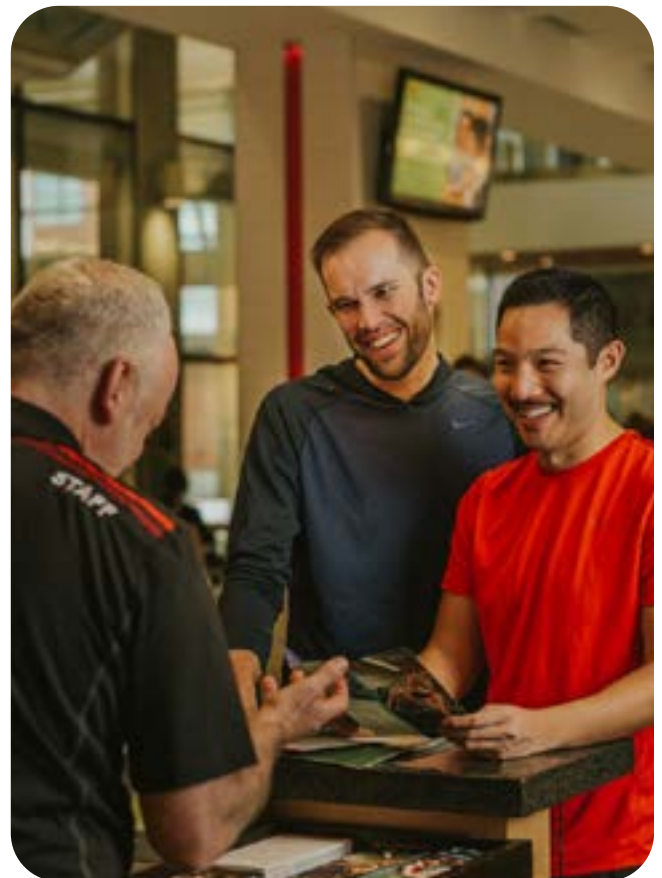
Welcome to the Y!

At the YMCA of Central East Ontario, we're proud to offer the community and our members programs that provide opportunities for you and your family to meet friends and strengthen family bonds, while focusing on your health and wellness.

Strong Kids, Healthy Families, Inclusive Communities

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How to Register



REGISTRATION INFO

REGISTRATION OPENS

Members: Monday, March 18, 2024

Non-Members: Monday, March 25, 2024

Registrations are accepted on a first-come, first-served basis and are subject to availability. Full payment is required upon registration.

ONLINE

Register for programs by visiting ymcaofceo.ca, starting at 6:00am on Monday, March 18 and then clicking the **My Account** button.

IN PERSON

Visit the Belleville Branch to register in person, starting at 9:00am on Monday, March 18.

Due to the volume of registrations and inquiries we are not able to complete registrations over the phone.



METHODS OF PAYMENT

Methods of payment include VISA, MasterCard and American Express. Cash, cheque and Interac options available for registrations made in person.

PROGRAM REFUNDS/CANCELLATIONS

All program cancellation requests must be made in person 7 days prior to the program start date. Refunds or credits are not offered after a program has started unless accompanied by a medical certificate. Refunds are subject to a \$20 administration fee. No refunds or credits for make up classes will be offered due to unforeseen circumstances (i.e. Power outage).

ACCESS POLICIES

CHILD AND YOUTH

AGE AND ACCESS POLICIES

Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program.

Youth must be 15 years and older to fully access the Conditioning Centre. Youth who are 10–14 years may take our Teen Strength program to use the equipment in the Conditioning Centre.

POOL ACCESS & WRISTBAND POLICY

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area.

All children 9 years of age and under will be given an identifying wristband by the facility staff. [Click here](#) for additional information on this policy.

Aquatics Programs



ADULT AQUATICS

Please see Aqua Fit schedule for days and times.

AQUA FIT

This is a high energy class that combines water running, muscle resistance, and cardio workouts. Flotation belts are used to provide support in deep water.

AQUA YOGA

The healing properties of water are an excellent place to provide a calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance while soothing the mind with innovative yoga-like moves in the water.

AQUA BOOTCAMP

Looking for a new and rigorous class? Aqua Boot Camp is for you. Class will be taught in both deep and shallow water and will be high intensity.

TONE & STRETCH

This gentle class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance. This class is taught in the shallow end.



ADULT RECREATIONAL SWIM TEAM

Experience what a swim team is like with a chance to show off these new skills at a swim meet in a future season. Coaches run drills to improve stroke technique and speed, as well as teach other important components to racing such as flip turns and dive entries. This program is designed for adults who have the ability to swim at least 2 lengths of the pool comfortably. Runs for one hour weekly.

Thursday 4:10-5:10pm

Members \$84 | Non-Members \$194

YOUTH/TEEN AQUATICS

YOUTH RECREATIONAL SWIM TEAM (AGES 6-12)

By registering your child in the YMCA recreational swim team, you are giving them the opportunity to experience what a swim team is like with a chance to show off these new skills at a swim meet in a future season. Coaches run drills to improve stroke technique and speed, as well as teach other important components to racing such as flip turns and dive entries. This program is designed for youth aged 6-12 who have the ability to swim at least 2 lengths of the pool comfortably. Runs for one hour weekly.

Wednesday 3:30-4:30pm

Members \$84 | Non-Members \$194

Aquatics Programs



ADVANCED CERTIFICATIONS

AQUATICS LEADERS IN TRAINING (BRONZE STAR AND ASSISTANT SWIM INSTRUCTORS)

Prerequisite: Completion of Star 6 & minimum 12 years of age.

Aquatic Leader in Training provides youth the opportunity to get involved in the YMCA Aquatic department as well as their community. Community service, philanthropy, volunteerism and health and wellness are all covered.

The program will also see participants complete their bronze star and work on assistant swim instructing, water proficiency, first aid and recognition of rescue situations. As they have built up their leadership skills, they will be given the opportunity to use their new skills with the aquatics team on the pool deck and during swimming lessons. This is a great stepping stone towards Bronze Med and becoming a lifeguard and swim instructor while giving back to the community.

Wednesdays 6:00-8:00pm

Members \$50



STANDARD FIRST AID RECERT

Prerequisite: Current (within 3 years) Lifesaving Society.

Standard First Aid Certification. This is a recertification course for the Lifesaving Society Standard First Aid course, which is required within 3 years of a full Lifesaving Society Standard First Aid course. Participants whose certificate is expired or who trained originally with a different training organization must take the full course. Participants must bring proof of original certification.

Course Dates TBD

NATIONAL LIFEGUARD

Prerequisite: Minimum 15 years of age, Bronze Cross and Standard First Aid Certification issued by; Lifesaving Society, Canadian Red Cross, St. John's, Canadian Ski Patrol or Heart and Stroke only. Note: 100% attendance and participation is mandatory. Must bring proof of certifications and age to the first class. NL is the nationally recognized lifeguarding qualification. Participants should be prepared for a detailed course covering supervision, prevention, and rescues in an aquatic environment. Six-day course running over two weekends.

Course Dates TBD

NATIONAL LIFEGUARD RECERTIFICATION

Prerequisite: National Lifeguard (NL) and Standard First Aid certification. Must bring proof of certifications.

Recertification is accomplished by demonstrating all NL and standard first aid test items.

Course Dates TBD

BRONZE MEDALLION, BRONZE CROSS & STANDARD FIRST AID

Prerequisite: Minimum 13 years of age or Bronze Star Certification.

This level combines the Bronze Medallion, Standard First Aid and Bronze Cross skills in one program. Participants should be prepared for a detailed course covering aquatic emergency recognition, safe rescue techniques, and lifesaving techniques. Students may be presented for examination at the Bronze Cross level if they are successful in the Bronze Medallion examination. Crash Course (Six day course running over two weekends.)

Course Dates TBD

Swim Lessons



SWIM LESSONS

GROUP LESSONS

The YMCA offers group lessons for all ages. A description of each YMCA Swim Level follows, along with a flowchart to help determine the correct level for your child. Member lessons work out to \$5/lesson for the 10 week session.

Members \$50 | Non-Members \$160

PRIVATE & SEMI-PRIVATE LESSONS

The YMCA offers one-on-one swimming lessons for all ages, tailored to individual needs and ability. For more information on private and semi-private lessons and availability, please contact tiffany.dranski@ceo.ymca.ca

SCHEDULE

To view lesson days and times, please visit our website.

[Click here to view the online schedule.](#)

PRE-SCHOOL

SPLASHER/BUBBLER (6mo-3yrs)

Caregiver assisting child program to develop comfort in the water, familiarity to environment and to promote water fun.

BOBBER (3-5yrs)

Gaining comfort in the water, blowing bubbles with gradual facial immersion, front & back floats with assistance.

FLOATER (3-5yrs)

Must be comfortable entering and exiting the pool on their own, as well as putting their face in the water. To complete: child must be able to float on their front and back and swim 5m unassisted.

GLIDER (3-5yrs)

Must be able to float, swim 5m unassisted in shallow water. Must be comfortable beginning the transition from shallow to deep water with assistance.

DIVER (3-5yrs)

Comfort in deep water. To complete: 10m back and front swim with leg and arm action, as well as front and back float in deep water.

SURFER/JUMPER (3-5yrs)

Surfer – Surface support for 30sec, front and back swim with arm action and flutter kick up to 15m, side breathing, face in with bouyant aid.

Jumper - front and back swim 25m, intro to front and back crawl, standing dive and surface support for 45 seconds.



LEARN TO SWIM (6+)

OTTER

This level is for beginner swimmers. To complete: submerge, holding breath, front and back float unassisted, front and back swim 5m.

SEAL

Deep end activities on a more regular basis. Build endurance and stamina to proceed onto length swimming. To complete: surface support 20sec; front and back float in deep water unassisted; front and back swim 10m.

DOLPHIN

Build endurance and stamina for length swimming and instruction. To complete: tread in deep water 45sec, front glide with kick, face in, side-breathing 15m, front and back swim with arm and leg action 15m. Jump into deep water and swim 15m.

SWIMMER

Introduction to length swimming. To complete: initial standard front crawl 25m; back swim 25m; tread water 60sec; jump into deep water and swim 50m.

Swim Lesson Levels



STAR PROGRAM

STAR 1

To complete: front crawl intermediate standard; back crawl initial standard; tread water 90sec; endurance swim of 75m.

STAR 2

To complete: front crawl advanced standard; back crawl intermediate standard; elementary backstroke initial standard; endurance swim 350m (14 lengths) throughout program; tread water 2min.

STAR 3

To complete: back crawl advanced standard; elementary backstroke intermediate standard; breast stroke initial standard; endurance swim 300m (12 lengths).

STAR 4

To complete: recognition and care for an obstructed, conscious victim; eggbeater kick 60sec; elementary backstroke 50m advanced standard, breast stroke 50m intermediate standard. Endurance swim 400m (16 lengths).

STAR LEADERSHIP

STAR 5

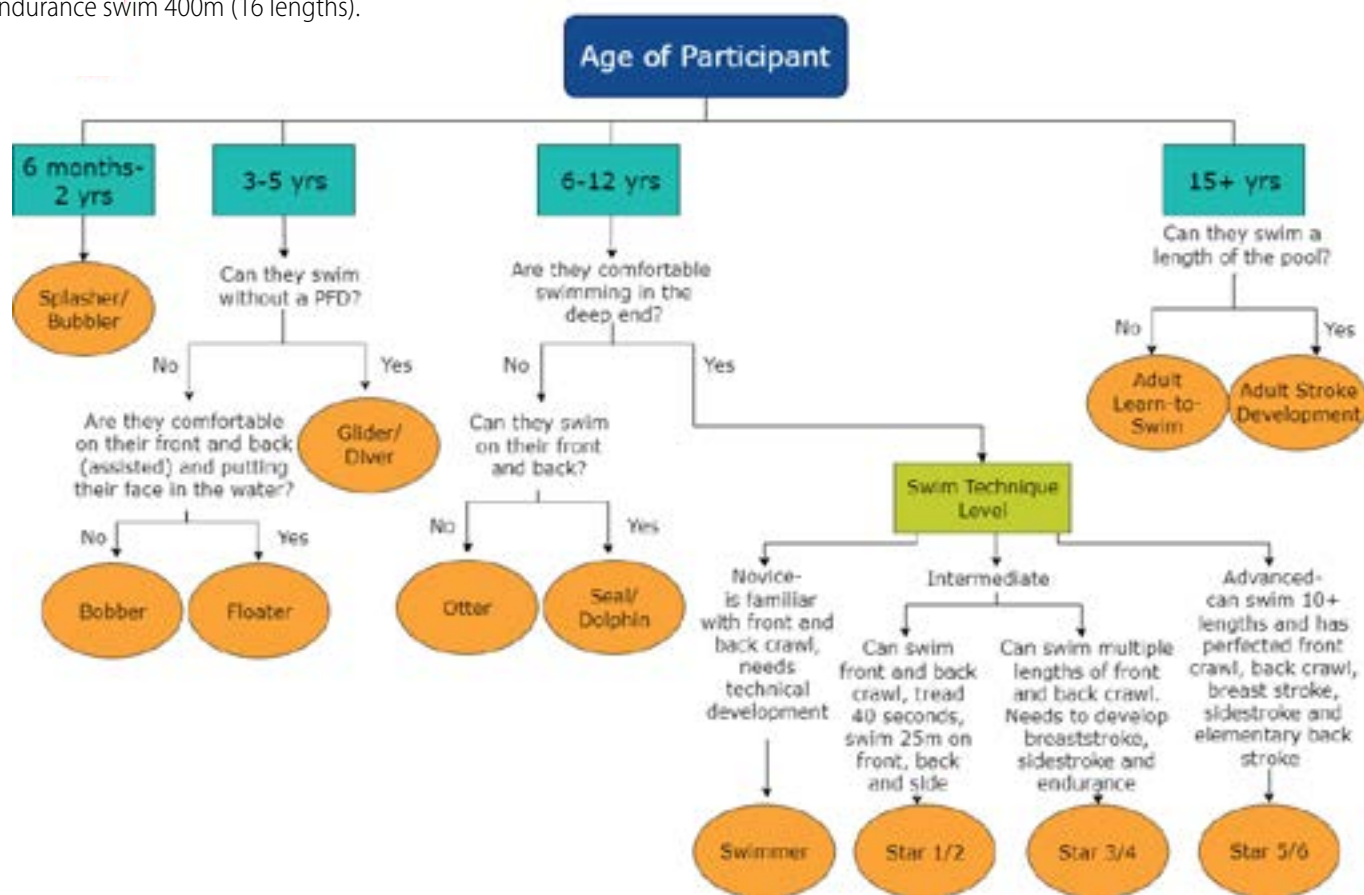
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

STAR 6

To complete: rescue unconscious victim with obstructed airway; sidestroke 50m intermediate standard; butterfly stroke 25m initial standard; endurance swim 600m(24 lengths); help teach a swim skill.

FLOWCHART

Use the flowchart to help determine which level your child should be placed into for lessons.

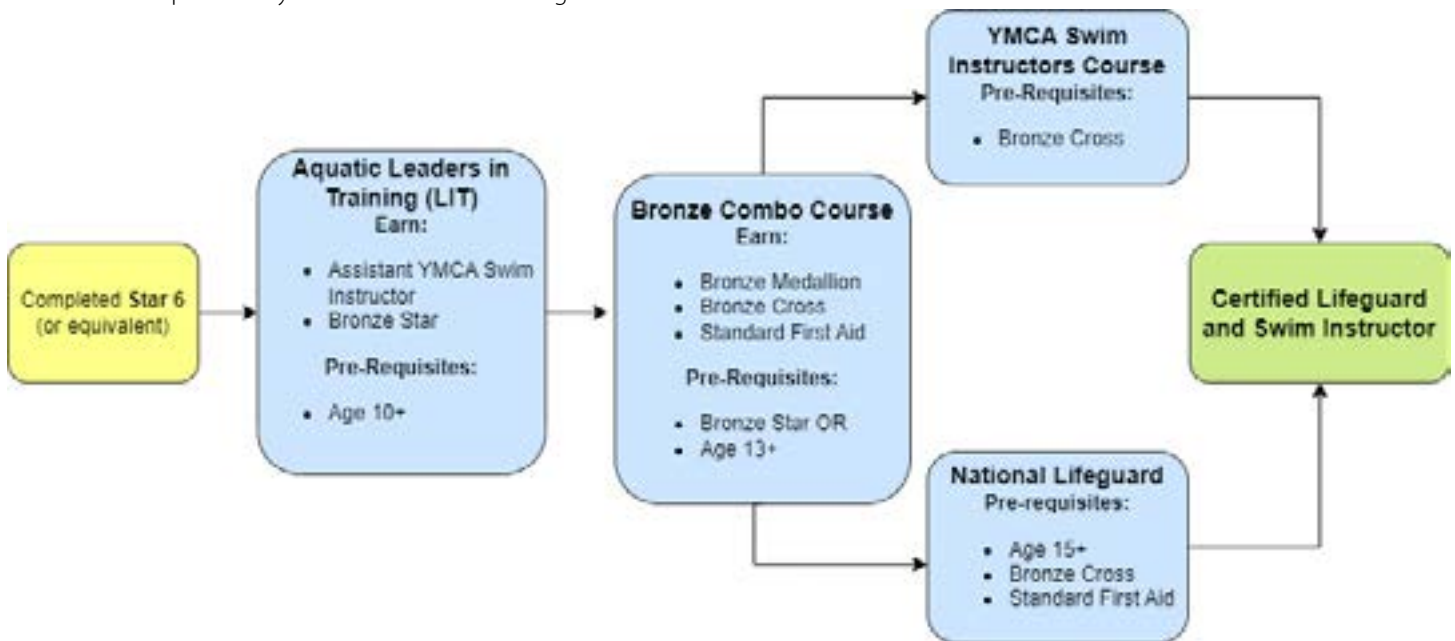


Aquatic Leadership



FLOWCHART

Use the flowchart to help determine which Aquatic Leadership courses your child should be taking.



Adult Fitness



GROUP FITNESS CLASSES

FITNESS FOR ALL

All are welcome! Traditionally attended by older adults, this class is suitable for any age group! Groovin' to the oldies, basic strength exercises combined with low impact cardio moves; participants can enjoy a total body workout 3 times per week!

Mondays, Wednesdays, Fridays 8:30am

TAI CHI

An ancient healing art that has been used for centuries to help promote the flow of energy throughout the body. It is a practice that relies on mind-body connection to help create a healthy balance and improve overall health.

Mondays 10:30am

CARDIO-CORE-SCULPT

Upper body, lower body and core exercises mixed with a little cardio? This class will give you a SERIOUS calorie burn!

Mondays & Wednesdays 9:30am

Tuesdays 5:30pm

YOGA

Lengthen your muscles and relax your mind while being led through a series of traditional yoga poses.

Wednesdays 10:30am

CHAIR YOGA

Incorporating a chair into a traditional yoga practice makes yoga accessible for all! If balance or compromised stamina for standing positions has stopped you from joining a Yoga class, Chair Yoga is for you!

Thursdays 10:30am

CYCLEFIT

Motivating music combined with creative cycling drills ensures a high energy cardio workout!

Mondays 5:30pm

CARDIO STRENGTH

Cardiovascular training and resistance exercises using a variety of equipment.

Thursdays 12:10pm



MEDITATION

Enjoy the experience of being guided through a series of meditation techniques that will enhance your ability to calm your mind and heal your body. This mindfulness meditation practice uses mantra, breath work and other visualization techniques to create a sense of calm and peacefulness within oneself.

Tuesdays 10:30am

DANCEFIT

It's all about fun, movement and inclusivity. It fuses many dance styles and mindfulness practices with an eclectic mix of music to promote strength, cardiovascular health, flexibility and balance.

Tuesdays & Thursdays 9:30am

CYCLE-STRENGTH

On the bike, off the bike, this class is non stop! Cycling drills combined with resistance training exercises.

Tuesdays 12:10pm

CORE & STRETCH

Planks, planks and more planks! This class involves all the basic moves you love to target the abdomen, back and glutes and finishes with a good stretch. Please note, this class is not recommended for individuals with shoulder or back limitations.

Thursdays 8:30am

CYCLE-STRENGTH 20-20-20

a little bit of everything! 20 mins of cycling drills, 20 mins of resistance training followed by 20 mins of core work.

Wednesdays 5:30pm

Adult Fitness



GROUP FITNESS CLASSES

HIGH INTENSITY CARDIO & STRENGTH

High intensity training combining both strength & cardiovascular exercises – be prepared to sweat!

Thursdays 5:30pm

PILATES

Performed on a mat; exercises target the glutes, hips, pelvic floor and back to promote strength, stability and flexibility in the body.

Fridays 9:30am

SATURDAY MORNING WORKOUT

A different instructor each week will guide participants through a variety of workouts that will include strength exercises, cardio moves, core work and stretch. Join us for some weekend fun!

Saturdays 9:00am

ADULT RECREATIONAL ACTIVITIES

PICKLEBALL

Join us for a game of Pickleball in a non competitive environment. Geared towards beginners, no experience is necessary. Equipment is provided.

Mondays & Wednesdays 1-2pm

BASKETBALL 3-ON-3

All are welcome! Staff and members join together for a drop in, non competitive, no rules, 5 minute rounds of 3 on 3. No experience or skill necessary.

Wednesdays 12-1pm



Adult Fitness



SPECIALTY PROGRAMS

YTHRIVE

Sign up for our **free YThrive fitness program** to help you get the results you want. YThrive is an exercise program designed by a team of fitness experts, that will help you improve your health and physical performance and achieve results. Each set workout is designed to be 30 to 50 minutes in length and done 2-3x per week. There are four streams with YThrive:

BEGIN - will give you the skills and confidence to get started on your fitness journey.

BALANCE - for individuals looking to improve their overall health, increase energy levels and lead a more active lifestyle.

BOOST - for someone who is already exercising and is looking to maintain a healthy weight and lifestyle.

FLEX - for a confident exerciser looking to maximize strength and muscle gain.

Sign up at the front desk or with one of our trainers for your first appointment!

PERSONAL TRAINING

We understand that creating an effective exercise program can be overwhelming – that's why we have options to get you set up with a program that meets your goals and teaches you the best way to exercise. Work one-on-one with a certified personal trainer to meet your goals, stay on track or challenge yourself. Profiles of our trainers are available outside the Conditioning Centre.

6 Benefits of Working with a Personal Trainer

- Workout planning
- Proper technique
- Injury prevention
- Progress Tracking
- Health Advice
- Motivation

30, 45 and 60 minute sessions available. Purchase just one session or purchase a full training package to help reach your goals. The more sessions you buy, the more you save per session. Try 6 x 45 min sessions for \$135 + hst!

Talk to us for more information about Personal Training, Aquatic Personal Training and Small Group Training.

See the Membership Services desk or contact Amanda Smith at 613-966-9622 x223 or by email at amanda.smith@ceo.ymca.ca



FITNESS LEADERSHIP

The YMCA developed the first nationally recognized Fitness Leadership program in 1974 and continues to train Fitness Leaders today. By fostering relationship building, YMCA fitness leadership programs create a positive atmosphere where community members can achieve their personal and professional goals.

Each course is a combination of online material, face to face sessions and practical skill development. Be a part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry as a fitness professional. Everyone will complete the YMCA Basic Theory course and then stream in their certification of choice. *Participants will be required to purchase Strength Training Anatomy, Third Edition by Frederic Delavier*

Certification options include: Cardio/Strength, Cycle, Aquatic Fitness, Older Adults and Personal Training

Recommended prerequisite includes participation in a minimum of 50 hours in the stream of your choice. Please contact Amanda Smith for more information at 613-966-9622 x223 or by email at amanda.smith@ceo.ymca.ca

Child & Youth



CHILD & YOUTH

Child & Youth program fees unless otherwise noted are
Members \$45 | Non-Members \$155

BASKETBALL SKILLS AND DRILLS

Basketball a popular sport that requires a combination of physical and mental skills. Come and practice your fundamental basketball skills with one of our talented coaches. Some of the important skills that will be covered in this program include dribbling, shooting, passing, rebounding and defense. All skill levels are welcome.

Sundays 9:00-9:30am *Ages 6-8*

Sundays 9:30-10:15am *Ages 9+*

Session April 7 - June 9

ARTS & CRAFTS

This program will fuel the children's imagination and stimulate creativity and scientific thinking, while providing a fun and interactive hands-on experience. There will be opportunities to work with a variety of materials each week creating unique experiments and masterpieces. * Please bring a large shirt or smock to put over your clothes.

Mondays 5:00-5:30pm *Ages 4-6*

Mondays 5:45-6:30pm *Ages 7+*

Session April 1 - June 10

SPORTY KIDS

Come and burn some energy playing a variety of sports & games each week. This program will provide structured physical activity in a fun way such as playing sports, climbing, jumping and learning physical fitness skills for an active lifestyle.

Wednesdays 5:00-5:30pm *Ages 2-4*

Wednesdays 5:30-6:00pm *Ages 5-7*

Wednesdays 6:00-6:45pm *Ages 7+*

Session April 3 - June 12

TINY TUMBLERS

The early years are a great time for developing a strong foundation for an active lifestyle. Active play is a great way to develop coordination, balance, bone and muscle strength and boost confidence while making friends and having fun. This is a parented program. *Appropriate gym footwear is required.

Saturdays 10:30-11:00am *Ages 18 months - 3yrs*

Saturdays 11:15am -12:00pm *Ages 4-7 (Kidnastics)*

Saturdays 12:00-12:45pm *Ages 8-12 (Kidnastics)*

Session April 6 - June 8

TEEN STRENGTH *Ages 12-14*

Learn proper use set up and use of cardio and select strength machines focusing on safety and correct form. Participants will also learn about the YMCA, our core values and how they relate to appropriate behaviour in an adult fitness environment. Participants must attend 80% of the program and pass a written and practical test to complete the program. *Upon successful completion, teens are permitted to use the Conditioning Centre during designated Youth Conditioning Centre supervised times or any time with a parent or guardian accompanying.*

Tuesdays 6:00-7:00pm

Session April 2 - June 11

TEEN CARDIO FITNESS *Ages 10-11*

Teen Cardio Fitness Program – gives youth, not quite old enough to use the Conditioning Centre, an introduction to the cardio equipment and youth group fitness classes! Youth will learn how to properly set up and use the treadmill, elliptical, stationary bike, rowing machine, and the ARC Trainer. In addition to learning cardio equipment, youth will also participate in cardio circuit training classes and will be encouraged to create their own fitness circuit. Participants must attend 80% of the program and pass a practical demonstration on each piece of cardio equipment to complete the program. Upon successful completion, youth are permitted to use the cardio equipment on their own, at any time.

Tuesdays 5:00-6:00pm

Session April 2 - June 11

Specialty Programs



SPECIALTY PROGRAMS

BABYSITTING – Ages 11+

The Babysitter's Training course laid out by the Canadian Safety Council is aimed at young people turning 12 years and up. The Babysitters Training Course is loaded with special features such as: child development and behavioural problems, caring for the child, nutrition, safety and basic first aid, and handling emergencies. A graduation certificate and a wallet card will be handed out upon completion of this course. Participants should be prepared with a nut-free lunch, snacks and a water bottle.

May 31 from 9:00am – 4:45pm

Members \$60 | Non-Members \$160

HOME ALONE SAFETY – Ages 10+

The Home Alone program provides children 10 years and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Participants should be prepared with a nut-free lunch, snacks and a water bottle.

April 8 from 9:00 – 4:00pm

Members \$45, Non-Members \$145

LEADERS IN TRAINING

The LIT program provides youth the opportunity to get involved in the YMCA as well as their community. Here youth get a chance to develop leadership skills and belong to a group of positive, like minded peers. The LIT program will work towards gaining skills that will help youth be successful future leaders.

Session April 3 - June 12

Wednesdays 6:00-8:00pm

Member Fee \$37.50 | Non-Members \$140

PARENTS NIGHT OUT

PARENTS NIGHT OUT

Need an evening without the kids? The Belleville YMCA wants to give our parents the opportunity to take a well-deserved break! Go out for a night out feeling confident that your little ones are safe and having a great time. This incredible evening for your children is filled with a variety of games, crafts and more.

April 12 from 5:45pm – 8:45pm

Member Fee \$25 per child | Non-Members \$45 per child



Birthdays & PA Days



TREEHOUSE

PARENTED DROP-IN

For children aged 1-9 years old. Parent/guardian over the age of 16 years must be inside the Treehouse actively supervising child(ren). Booking no longer required. Open to members and non-members. Non-members must purchase a day pass. Socks are required.

Monday to Thursday 8:00am-8:00pm

Friday 8:00am-5:45pm

Saturdays 7:30am – 9:45am

Sundays 7:30am – 9:45am, 2:00pm-3:00pm

**Schedule subject to change for PA days and Holiday Camps.*

CHILD MINDING

KIDSKARE

KidsKare is a service we offer while you enjoy our Y facilities and programs. Our caring, creative, fun and professional staff are here to make sure that your child's time at the Y is as much fun as yours. Children spend their time engaged in supervised play, arts and crafts, reading stories and much more. Infants to 9 years of age can stay with us for up to 1.5 hours per day. Cost is \$5 per visit or \$25 per month for the first child, \$15 per month for each additional child. KidsKare is drop in (no booking required).

Monday 9:00am-12:00pm, 5:00pm-7:00pm

Wednesday, Friday 9:00am-12:00pm

Tuesday, Thursday 8:15am-12:00pm

PA DAY & HOLIDAY CAMPS

PA DAY CAMP

The camp experience is hard to beat! Memories of special friends and learning new skills is what it's all about. YMCA camps have been providing this opportunity to children for over a century. You can trust the YMCA to put the well-being of your child first. We welcome each child into a healthy, safe and stimulating environment. We choose our staff carefully from those with strong YMCA values, from those that have a passion to make learning fun, and from the ranks of our year-round school age care staff. Camp day includes swimming, art, outdoor activities and group games.

April 8, May 31 8:00am-4:30pm

Member Fee \$45 | Non-Member \$50

BIRTHDAY PARTIES

Celebrate your birthday at the YMCA and enjoy our Treehouse (socks required for participation) and pool without worrying about the mess. Bring your own food and decorations. The price includes the birthday child and 9 friends. Pool Ratio: Children aged 5 years and under 2 children to 1 adult, 6-9yrs 4 children to 1 adult. Remember to bring socks for the treehouse.

Friday 6-8pm

(Treehouse 6-7pm, party room 7-8pm)

Saturday

Option 1: 10am-12pm (Treehouse 10-11am, Party Room 11am-12pm)

Option 2: 11:30-2:30pm (Treehouse 11:30-12:30, Pool 12:30-1:30pm, Party Room 1:30-2:30) **Only pool option*

Option 3: 1-3pm (Treehouse 1-2pm, Party Room 2-3pm)

Option 4: 2-4pm (Treehouse 1-2pm, Party Room 3-4pm)

Option 5: 3:30-6:30pm (Gym 3:30-4:30pm, Party Room 4:30-5:30pm, Treehouse 5:30-6:30pm) **There are balls and hockey sticks available for use in the gym.*

Option 6: 4-6pm (Treehouse 4-5pm, Party Room 5-6pm)

Sunday

Option 1: 10am-12pm (Treehouse 10-11am, party room 11-12pm)

Option 2: 11:30-2:30pm (Treehouse 11:30-12:30, Pool 12:30-1:30pm, Party Room 1:30-2:30) **Only pool option*

Option 3: 1-3pm (Treehouse 1-2pm, Party Room 2-3pm)

3 Hour Party Fee: Members \$175 / Non-Members \$225

2 Hour Party Fee: Members \$125 / Non-Members \$175

Fee to be paid in full at the time of booking, free cancellation up to 14 days prior.

[Click here](#) to book your Y party today.



