



Shine On

Summer Program Guide

YMCA of Central East Ontario | John Williams YMCA



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, June 3, 2024

Non-Members: Monday, June 10, 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, June 3 and then clicking the **My Account** button.

IN PERSON

Visit the John Williams YMCA to register in person, starting at 9:00am on Monday, June 3.

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 and Interac options available for registrations made in person.

PROGRAM REFUNDS/CANCELLATIONS

All program cancellation requests must be made in writing 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.

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 that are at greater risk while in the pool area and ensure adequate supervision.

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. Tethered flotation belts are used to provide support in the deep water. This class is offered in the deep end of the lap pool.

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.

STONE & 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 therapeutic pool.

ADULT LEARN-TO-SWIM

This program is geared towards adults who seek to gain comfort in the water. Participants will work with an instructor to learn to swim in a safe aquatic setting. Learn-to-Swim is best suited for individuals with little to no swimming experience who wish to begin developing their swimming ability.

Wednesday 3:30-4:00pm

Saturday 11:50am-12:20pm

Members \$40 | Non-Members \$150

Aquatics Programs



ADVANCED CERTIFICATIONS

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

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

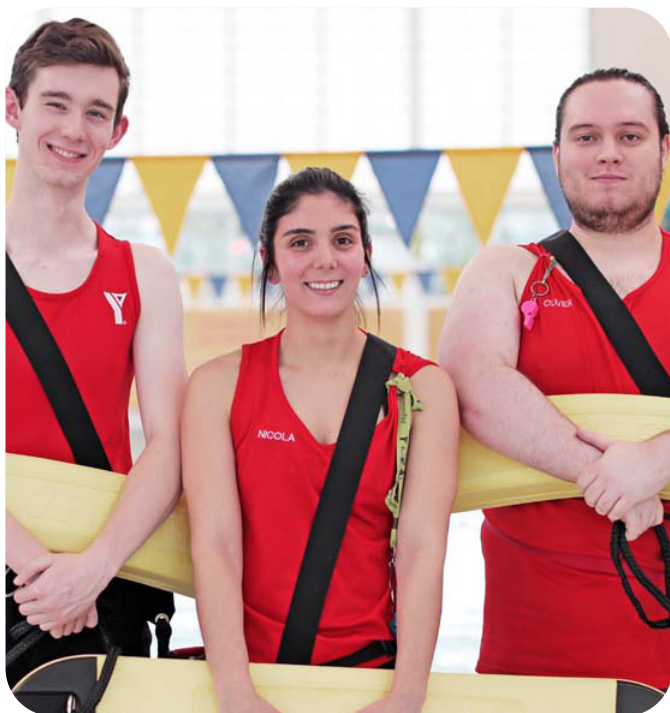
Aquatic Leader in Training provides youth the opportunity to get involved in the YMCA Aquatic department as well as their community. Community service, philanthropy, volunteerism and health and wellness are all covered.

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 giving 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.

July 22 - August 2

Monday - Friday 8:00am-4:30pm

Members \$225 | Non Members \$250



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.)

August 12 -23 from 10:00am-4:00pm (John Williams Branch)

July 8 - 19 from 10:00am-4:00pm (Belleville Branch)

Members \$404.25 | Non Members \$519.25

(includes tax, manual and CPR mask)

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.

Dates TBD

Members \$404.25 | Non Members \$519.25

(includes tax, manual and CPR mask)

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.

Date TBD

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

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 \$40 | Non-Members \$150

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

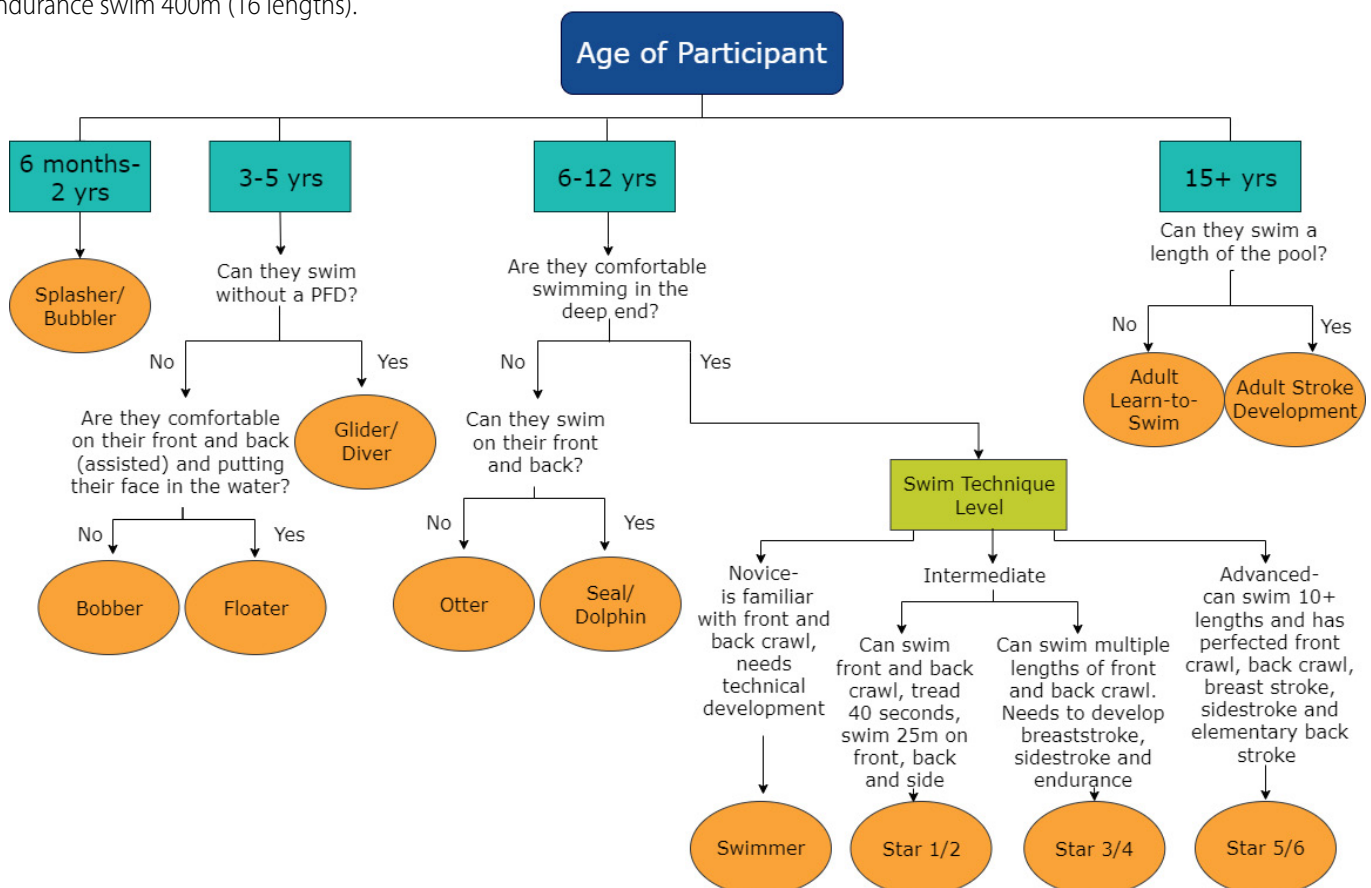
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

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.

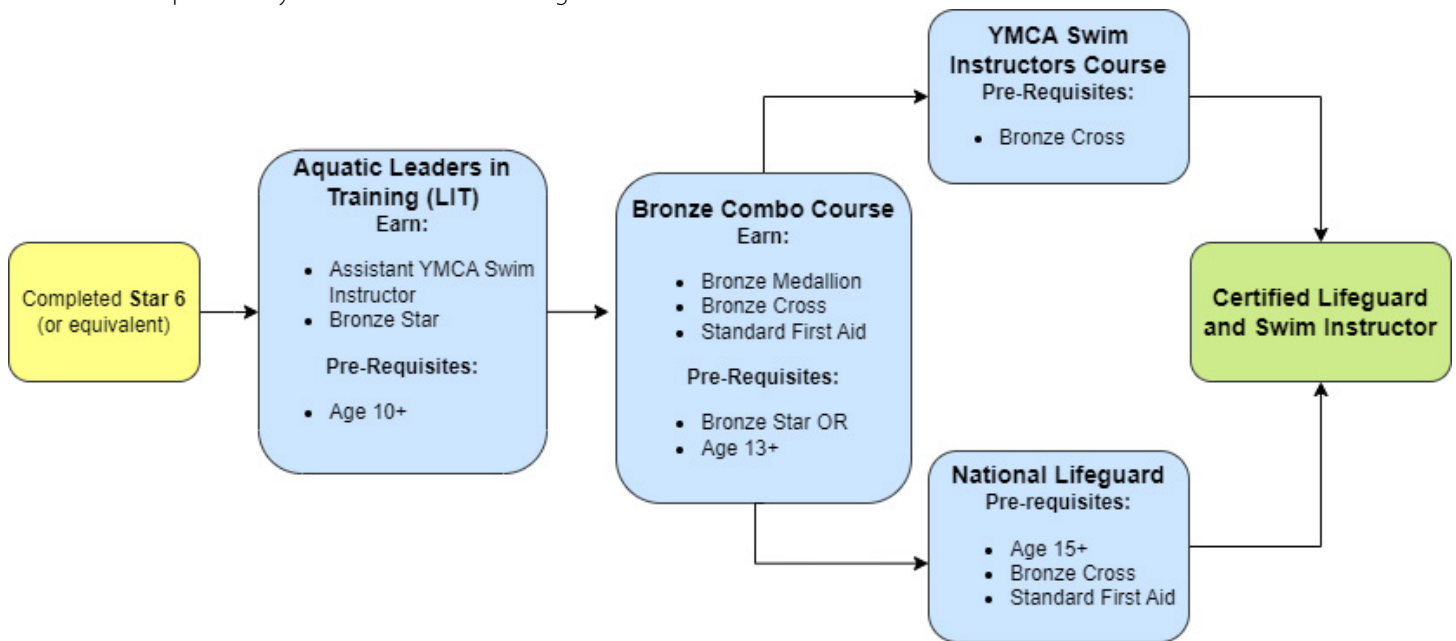


Aquatic Leadership



FLOWCHART

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



Adult Fitness



SPECIALTY PROGRAMS

POST REHAB CARDIAC MAINTENANCE

Led by certified trainers and designed for participants who have experienced a cardiac event, have been diagnosed with high risk factors for heart disease, metabolic disorders, have experienced a stroke or have been diagnosed with COPD. Program includes cardiovascular, strength, balance & flexibility components for improved quality of life. Participants are either referred by Hotel Dieu Hospital, Belleville General Hospital or have signed approval of a Cardiologist or Family Physician. Program fee includes 2 days each week.

Tuesdays & Fridays 1:30-3:00pm

Members \$45 + tax | Non-Members \$120 + tax

GROUP FITNESS CLASSES

GENTLE FIT

This class is geared for anyone who prefers a slower paced class with gentle strength and flexibility exercises using weights, bands and chairs for balance exercises. Modifications will be given for individual fitness levels.

Tuesdays 8:00-8:45am

IN MOTION

The next step up from GentleFit. This class offers a variety of cardio and strength movements with modifications as required, but a bit more intensity than GentleFit.

Mondays & Fridays 8:15-9:00am



GROUP FITNESS CLASSES

FIT4ALL

Taking In Motion to the next level. A higher intensity version of strength and cardio exercises will give participants a boost in their fitness journey. All fitness levels are welcome, as long as you are ready to exercise.

Mondays & Fridays 9:15-10:15am

CYCLEFIT

The ultimate low impact workout to increase your cardiovascular health and endurance. This class offers a variety of intervals and drills, using upbeat music to keep participants motivated the entire time.

Tuesdays 6:30-7:15pm

Thursdays 6:30-7:30pm

Saturdays 8:15-9:00am



ZUMBA

Burn those calories by dancing them away. No experience needed, this class offers a variety of dance styles and will help increase cardiovascular health with low impact moves.

Mondays 12:30-1:15pm

SIMPLY STRENGTH

This weight training class aims to strengthen, tone, and define every muscle in your body. Dumbbells, bands, and other equipment will be used to create a full body workout suitable for all fitness levels.

Tuesdays 9:00-9:45am

Adult Fitness



GROUP FITNESS CLASSES

YOGA

This is a traditional yoga practice. The focus of this class is increasing flexibility and calming the mind with poses suitable for all levels of experience.

Tuesdays 10:00-11:00am

YOGA (Thursday)

This class will rotate through various types of yoga, including a true beginner class and restorative yoga. A schedule will be posted outside the studio and in the conditioning centre so you can arrive mentally prepared for the type of class.

Thursdays 10:00-11:00am

HATHA YOGA

Hatha Yoga is great for increasing strength while also improving flexibility and circulation through the body. It also helps to calm a stressful mind. This class is geared towards motivated beginners and more experienced yoga practitioners because of its intermediate to advanced poses. However, variations and options are given to suit different fitness levels.

Wednesdays 6:45-7:45pm

Sundays 9:00-10:30am



YIN YOGA

Passive floor poses that you relax into. Poses are held for 1-5 minutes. As we age flexibility in the joints decreases. A regular yin practice helps with joint circulation, flexibility & tension/stress relief. Suitable for all levels.

Fridays 10:30-11:30am

BOOTCAMP

A high intensity class that is designed to push your limits, building speed and increasing muscular strength and endurance. The ultimate challenge for a total body workout.

Tuesdays 5:30-6:15pm

Thursdays 9:00-9:45am

Saturdays 9:15-10:00am

TRX CIRCUIT

A fun circuit using suspension training straps for a full-body workout. This type of training uses your body as a lever and is a great switch up to your usual routine.

Wednesdays 9:00-10:00am

Thursdays 5:30-6:15pm

TOTAL BODY BLAST

Are you ready for a total body workout? This class will combine cardio and resistance while integrating balance and core. Challenge yourself with dynamic endurance training, and finish off with flexibility.

Mondays & Wednesdays 5:30-6:30pm



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

45 or 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.

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

Please see the Membership Services desk or contact Carla, Supervisor, Health and Fitness at 613-394-9622 x7674 or by email at carla.vargas@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 Carla Vargas, Supervisor, Health and Fitness at 613-394-9622 x7674 or by email at carla.vargas@ceo.ymca.ca

Kids Kare & Parties



CHILD MINDING

KIDSKARE

Kids Kare is a service that 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. The fee for each visit to Kids Kare is \$5. For bi-weekly, the cost for the first child is \$12.50, with discounts available for additional child(ren). For further information about Kids Kare fees, please feel free to contact us.

John Williams YMCA Kids Kare Summer Hours

From Tuesday, July 2nd to Friday, September 6th.
Monday to Friday: 8:45am - 11:45am

Please be aware that Kids Kare gym time will not be available during this time due to summer camps. We won't be open in the evenings and on weekends. We'll return to our regular schedule once the Fall programs begin.



BIRTHDAY POOL PARTIES

Give your child unforgettable birthday memories at the Y!

Party Options

Option 1:

Friday, 6-8 PM (Not available in July & August)

Party Room: 6-7 PM (Parents/guardians lead activities)

Pool: 7-8 PM

Option 2:

Saturday and Sunday, 3-5 PM

Pool: 3-4 PM

Party Room: 4-5 PM (Parents/guardians lead activities)

Pool Ratio:

2 children (age 8 and under) to 1 adult

5 children (age 8 and over) to 1 adult

Please note: There will be another party simultaneously in the adjacent party room and in the pool.

What to Bring

Food, drinks, cups/glasses, utensils, and a lighter for the cake.

Option to have food delivered to the branch.

All food and drinks must remain in the party room.

Party Package Details

Covers up to 10 children, including the birthday child.

Additional children: \$5.00 per child (maximum of 20 children).

Members: \$125 | Non-Members: \$175

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

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

Special Requests

Parties available in the gym upon request, provided dates do not conflict with other events in the gym.

Contact: youra.jin@ceo.ymca.ca

