



Fall Program Guide

Balsillie Family 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

INSIDE

How to Register	3
Employment Services	4
Aquatics Programs	5
Advanced Certifications	5
Adult & Youth Aquatics	7
Swim Lessons & Levels	8
Aquatic Leadership Flowchart	9
Adult Programs	10
Registered Programs	10
Group Fitness Drop-In Classes	11
Court Sports	12
Specialty Fitness	13
Child & Youth Programs	14
Recreation & Fun	14
Sports	15
NHL Street	16
Leadership Development	17
After School & Camps	18
Special Events	19
Treehouse & Parties	20



How to Register



REGISTRATION INFO

REGISTRATION OPENS

Members: Monday, August 26, 2024

Non-Members: Tuesday, September 3, 2024

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

The 12 week Fall Session runs from September 16 - December 8, 2024.

ONLINE

Register for programs by visiting ymcaofceo.ca, starting at 6:00am on Monday, August 26 and then clicking the **My Account** button.

IN PERSON

Visit the Balsillie Family Branch to register in person, starting at 9:00am on Monday, August 26.

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. The parent/guardian is required to sign in at the Membership Desk with photo ID.

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. Details on our [website](#).

Employment Services



EMPLOYMENT SERVICES

YMCA OF PETERBOROUGH EMPLOYMENT SERVICES

YMCA Employment Services offers self-directed, independent job search services as well as one-on-one guided job search support to Peterborough job seekers AND hiring support to local employers – all for free!

Our team of employment services professionals are here to be your job search dream team! Do you need help with your job search, career planning or hiring? Contact us to book an intake today and learn more. Phone 705.748.4070, email findwork@ceo.ymca.ca or drop by the next time you are at the Balsillie Family Branch – we would love to hear from you.



UPCOMING WORKSHOPS

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Are you looking to make a difference in your community and help those in need? Our Applied Suicide Intervention Skills Training (ASIST) course equips individuals with the skills and knowledge to intervene when someone is at risk of suicide. With ASIST, you'll learn how to recognize warning signs, explore feelings of suicide, and connect individuals to support and resources. Plus, you'll earn a valuable certification that can enhance your resume and open doors to new career opportunities. Don't wait to make a difference. Sign up for ASIST today and join the thousands of individuals who have already made a positive impact in their communities.

Cost \$225

MENTAL HEALTH FIRST AID (MHFA)

Looking to build your mental health support skills? YMCA Employment Services can help with our Mental Health First Aid course. Designed to help individuals recognize and support those with mental health challenges, this will provide you with the tool to make a difference in your community. With Mental Health First Aid training, you'll learn how to identify common mental health conditions, provide initial support, and connect individuals to appropriate resources. Plus, you'll earn a valuable certification that can enhance your resume and open doors to new career opportunities. Invest in yourself and make a difference in the lives of others by becoming a Mental Health First Aider.

Cost \$200

STRONG INTEREST INVENTORY

Job Searching and unsure of your career direction? The Strong Interest Inventory is the solution for you! The goal of this assessment is to give insight into your interests, so that you may have less difficulty in deciding on an appropriate career choice. The range of general and specific information extracted about your professional interests can empower you in identifying a rich and fulfilling career. The Strong Interest Inventory is the most accurate and the gold standard for career and occupational testing. The profile that results from this process will form a valuable guide to the steps you take and the decisions you will make regarding the future direction of your career.

Cost \$100

Contact YMCA Employment Services to learn more about our upcoming courses and register today!

ymcaofceo.ca/employment-services/

findwork@ceo.ymca.ca

705-748-4070

Aquatics Programs



ADVANCED CERTIFICATIONS

BRONZE MEDALLION, BRONZE CROSS AND 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. *(cost includes pocket mask)*

Sundays from 12:30-4:00pm

Members \$365 + tax | Non-Members \$465 + tax

STANDARD FIRST AID WITH CPR C AND AED (Ages 10+)

This course provides in depth training in all aspects of first aid and CPR. Participants will develop an understanding of the legal implications of first aid treatment and skills in the treatment of spinal injuries, bone and joint injuries, heat and cold emergencies, medical emergencies and much more.

November 23 & 24 from 9:00am-5:00pm

Members \$125 + tax | Non-Members \$160 + tax

STANDARD FIRST AID RECERT (Ages 10+)

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.

November 24 from 9:00am-5:00pm

Members \$75 + tax | Non-Members \$125 + tax

YMCA SWIM INSTRUCTOR

Prerequisites: Bronze Cross, First Aid and CPR "C".
Participants must be 15+ years of age by the end of the course. Proof of age and certification is required. 100% attendance is required.

November 9, 10 from 9:00am - 4:00pm and

November 12, 14 from 4:00-6:00pm

Members \$215 + tax | Non-Members \$315 + tax

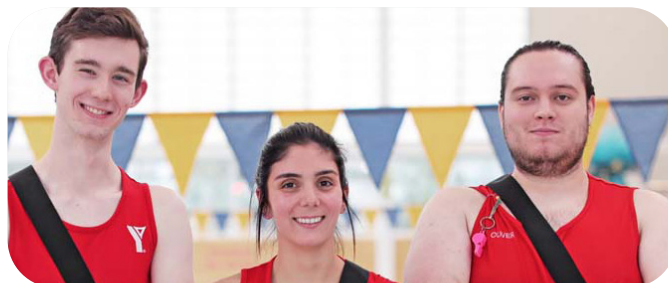
AQUATICS LEADERS IN TRAINING (BRONZE STAR AND ASSISTANT SWIM INSTRUCTORS)

Prerequisite: Minimum 10 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. Hours can go towards high school volunteer hours.

Tuesdays 5:15-7:15pm

Members \$90 | Non-Members \$200



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.

Dates TBD

Members \$380 + tax | Non-Members \$480 + tax

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

Members \$100 + tax | Non-Members \$150 + tax

Aquatics Programs



ADULT AQUATICS

Please note that pre-registration is required online each week for Aquafit classes. Registration opens at 1pm Thursdays.

GENTLE AQUA FIT

This gentle-paced fitness class is appropriate for all ages and focuses on range of motion, balance and mobility. This class will build your ability to accomplish everyday activities with greater ease. This class will be taught in the therapeutic pool. Offered 3 to 4 times a day during the week and once on Saturdays. **Please see Aqua Fit schedule.**

DEEP WATER 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.

Mondays, Wednesdays and Fridays 12:05pm-12:50pm.

ADULT ARTISTIC SWIMMING (SYNCHRO)

This is a great opportunity to practice and learn synchronized swimming and work together on a routine. Participants must be able to scull effectively and perform front and back somersaults. This program takes place in the deep end of the lap pool.

Thursdays 10:30am-12:00pm

Members \$64 | Non-Members \$175 (plus tax)

ADULT STROKE DEVELOPMENT

This program is intended for adults who can swim at least 25 meters but would like to improve their technique. Learn a new stroke or continue to develop existing abilities through goal setting, coaching and practice.

Tuesdays 10:30-11:00am or 7:00pm-7:30pm

Members \$64 | Non-Members \$175 (plus tax)

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.

Tuesdays or Wednesdays 7:00pm-7:30pm

Tuesdays 10:00-10:30am

Saturdays 12:00-12:30pm

Members \$64 | Non-Members \$175 (plus tax)

SPECIALIZED PROGRAMMING

SPLASH! ADAPTIVE SWIM SAFETY PROGRAM

Splash! Adaptive Swim Safety program is a 10-week tailored program focusing on water safety skills & principles. Half-hour lessons on Mondays or Thursdays. ***No programs on Thanksgiving Monday, lessons a Members \$58 and Non-Members \$175***

Mondays 5:55pm, 6:20pm, 6:30pm, 6:55pm and 7:05pm

Members \$55 | Non-Members \$65

Thursdays 6:20pm, 6:30pm, 6:55pm and 7:05pm

Members \$64 | Non-Members \$175

YOUTH/TEEN AQUATICS

YOUTH RECREATIONAL SWIM TEAM (Ages 10-14)

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 10-14 who have the ability to swim at least 2 lengths of the pool comfortably. Runs for one hour weekly.

Wednesdays 6:00pm-7:00pm

Members \$75 | Non-Members \$185

NEW YOUTH ARTISTIC SWIMMING (SYNCHRO) (Ages 10-15)

Artistic swimming is a sport that combines gymnastics and dance in the water. Artistic swimming consists of a synchronized routine involving a mixture of body movements both underwater and on the surface, accompanied by music. Swimmers will participate in 30 minutes of land training and 60 minutes of water training. They will be working on their flexibility, endurance, strength, coordination and teamwork. Pre-requisites: Passed Star 1 or equivalent. Ages 10-15 years old. Participants should bring/wear: Bathing Suit, Goggles, Water Bottle, Swim Cap/Nose Clip (recommended), Yoga Mat or Towel for land work.

Saturdays 12:30-2:00pm

Members \$100 | Non-Members \$210

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 \$5.33/lesson for the 12 week session. ***No programs on Thanksgiving Monday, lessons a Members \$58 and Non-Members \$175*** Members \$64 | Non-Members \$180

PRIVATE & SEMI-PRIVATE LESSONS

The YMCA offers one-on-one swimming lessons for all ages, tailored to individual needs and ability. You must register for entire session. 1 child - \$30/lesson, 2 children - \$25/lesson, 3 children - \$20/lesson, 4 children - \$15/lesson.

SCHEDULE

To view lesson days and times, please visit our website. [Click here to view the online schedule.](#)

PRE-SCHOOL

SPLASHER/BUBBLER (6mo-2yrs)

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 and swims 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 & front swim with leg and arm action, as well as front and back float in deep water.



LEARN TO SWIM (6+)

OTTER

This level is for beginner swimmers. To complete: submerge, holding breath, front and side and back glide 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 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 100m (4 lengths) throughout program; tread water 2min.

STAR 3

To complete: back crawl advanced standard; elementary backstroke intermediate standard; breast stroke initial standard; endurance swim 200m (8 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 350m (14 lengths).

STAR LEADERSHIP

One hour class focused on lifesaving, instructing, skill development and endurance.

STAR 5

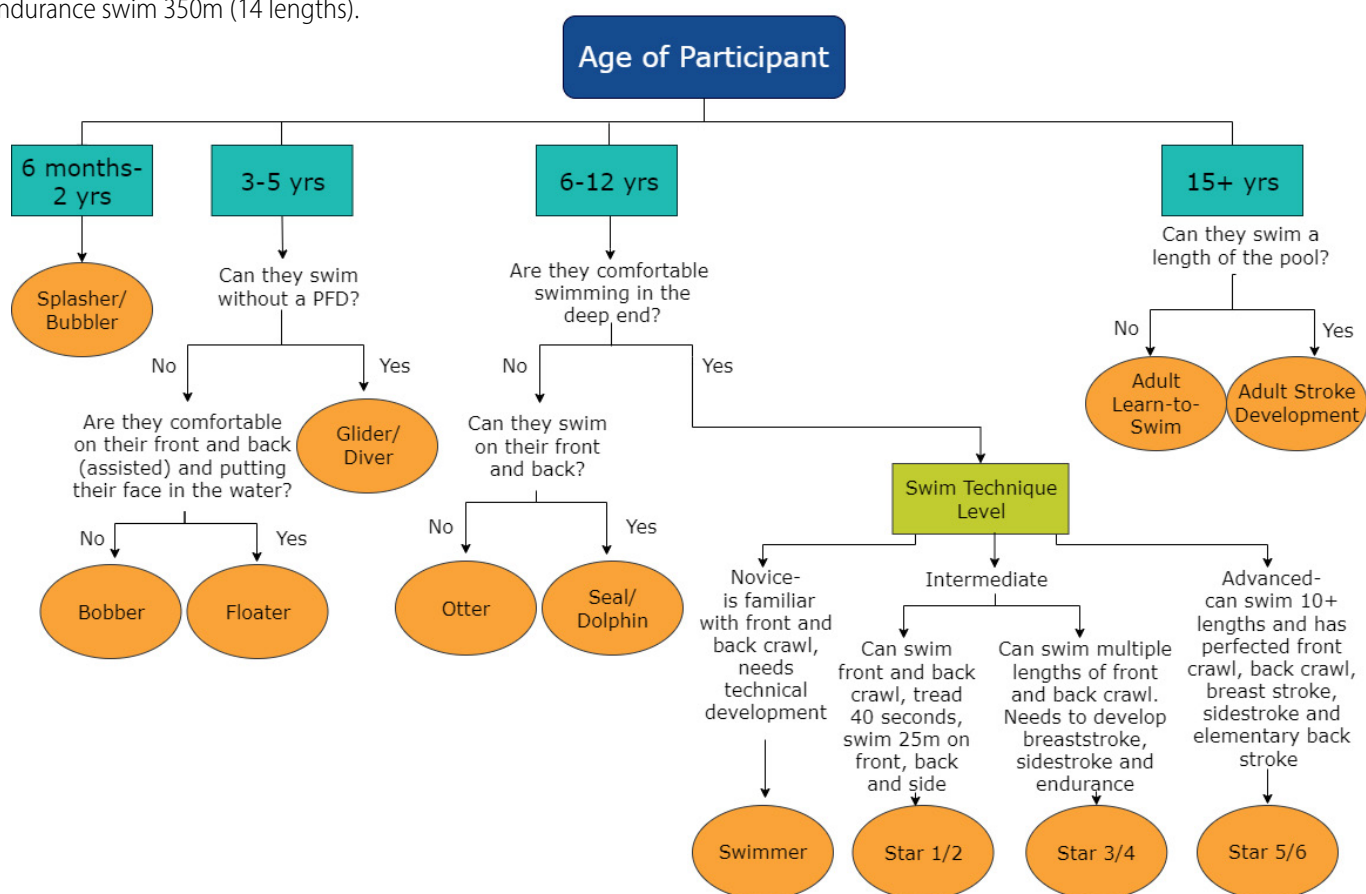
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

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.

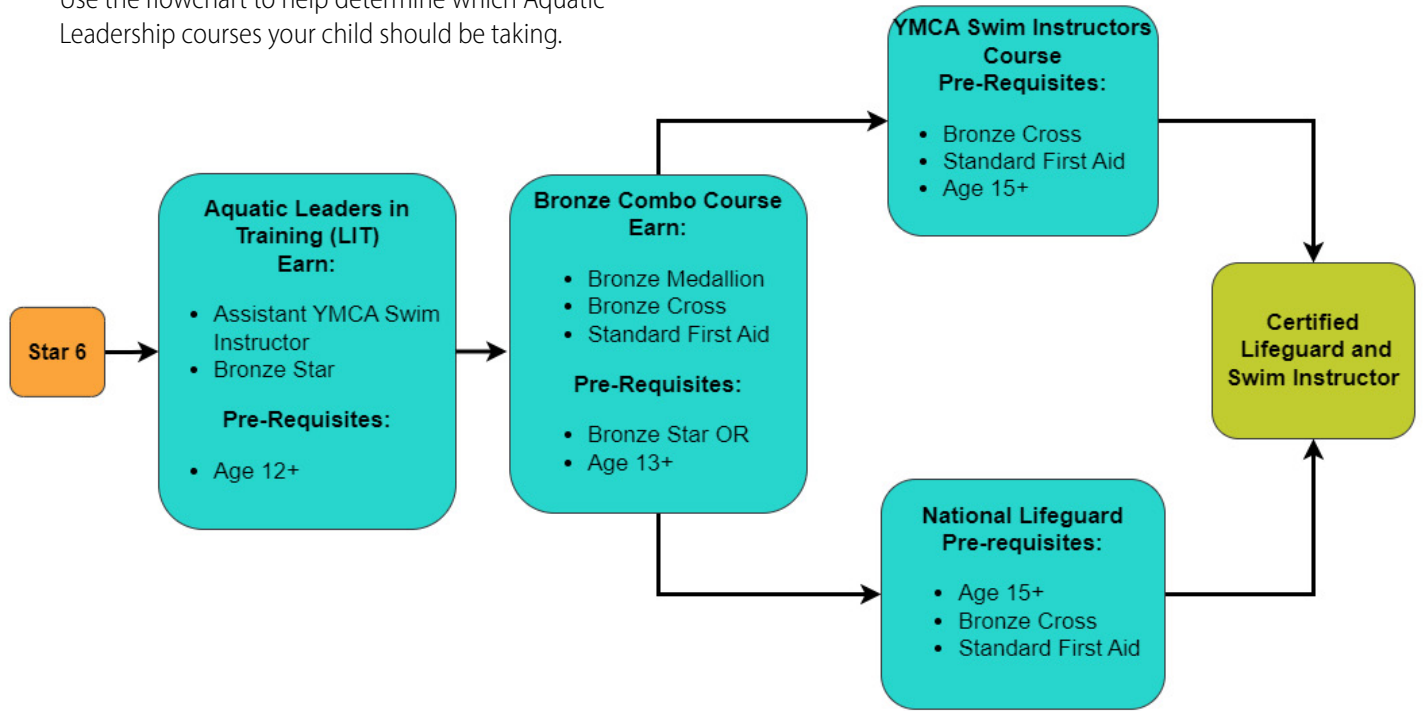


Aquatic Leadership



FLOWCHART

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



Adult Fitness



REGISTERED PROGRAMS

ZUMBA

Are you ready to party yourself into shape? That's exactly what the Zumba Program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party!

Thursdays 7:00-8:00pm

Members \$72 | Non-Members \$132

TRY ZUMBA FOR FREE

Join us for a free Zumba class on Thursday, September 5 at 7pm.

FREE TRY IT CLASS



YOGA

Join this 12 week progressive Yoga class. This registered class will allow the instructor to lead you through a progression of postures and positions, challenging and improving your skills and techniques each week. Improve your strength, balance and flexibility, reduce stress and improve your health with the practice of Yoga.

Tuesdays 7:15pm-8:45pm



DROP IN CLASSES (12+)

Please refer to Group Fitness Schedule for days and times of classes. Visit ymcaofceo.ca/schedule to see current schedule.

CHAIR YOGA

Chair Yoga is a gentle form of yoga that uses poses within a seated position or standing using a chair for support. This class will benefit those looking for relaxation and an increase in mobility and flexibility.

YOGA

This yoga class combines specific postures in combination with controlled breathing. Release stress, improve strength and flexibility, re-enter your day with a more peaceful outlook. Suitable for beginner and advanced participants.

INMOTION FITNESS

This class is designed with the older adult in mind. Join new and long-time friends for a fun, social and interactive fitness class to keep your mind and body active. You will get a full body workout, cardio and strength plus balance. Exercises can be modified for all levels.

POWER PUMP

A resistance class that targets the entire body using light weights with high reps. Energetic music and designed for all fitness levels.

Adult Fitness



DROP IN CLASSES (12+)

Please refer to Group Fitness Schedule for days and times of classes. Visit ymcaofceo.ca/schedule to see current schedule.

STRETCH & STRENGTH

Build a lean body using resistance, core, pilates and yoga poses to develop your muscular endurance and balance.

BOOTCAMP

A high-intensity class with complete body conditioning. Challenge your cardio, strength and endurance every session.

COREFIT

Corefit is a muscle conditioning class to strengthen your core stabilizer muscles, abs and back. A strong core gives you a strong base for every movement.



CARDIO SCULPT

Challenge your cardio with a combination of traditional movements plus interval training. This is combined with full body strengthening sections. An overall workout.

CYCLEFIT

A great cardio workout. The instructor will lead you through a set of drills on the bike designed to challenge you. All levels welcome. **bikes have SPD clips*

CYCLE +

This class will provide an A+ workout. Let our instructor take you on a ride on our spinning bikes and give you a great workout. Cardio drills on the bike, resistance training off the bike, something different each week.

SCULPT & TONE

This is a cardio based class with some traditional hi/lo moves plus strength. A great balance of aerobic and muscle conditioning.

SIMPLY STRENGTH

This class focuses on building strength throughout your whole body. You will use body weight exercises plus dumbbells, mats and any other accessories the instructor may use that day. All levels welcome.

TOTAL BODY BLAST

This class will incorporate both cardio and resistance training. TRX straps will challenge your whole body and compound movements will improve your muscular strength while challenging your cardio. A total body workout in one session.

TURF TIME

Enjoy a challenge? Want to have fun while working hard? Try out this interval style class using the rig and turf. Experience a full body functional workout using TRX, battle ropes, sandbags, slam balls and more.

Court & Gym Sports

COURT SPORTS

OPEN PICKLEBALL

Drop in play. Change your game up and play with different players each game.

Tuesdays 8:00-10:00am, 7:00-9:30pm

Wednesdays 12:00-2:00pm (*competitive level players*)

Wednesdays 2:00-4:00pm (*recreational players*)

PICKLEBALL

* registration for a time slot is required through Picktime*

One of the fastest growing sports in North America, Pickleball is a paddle sport that has very simple rules and is easy to learn and play.

Mondays and Fridays 12:10-1:20, 1:30-2:40, 2:50-4:00pm

(16 bookings/time slot)

Sundays 8:00-9:10, 9:20-10:30, 10:40-11:50am

Members Included

INTRO TO PICKLEBALL

Interested in learning the basics of this new game? Start with drills and then progress to a game situation.

See membership for more details.



SQUASH *registration for court bookings are through Picktime*
A great racquet game that will help you, get fit, have fun, decrease stress, meet like-minded people, increase strength, flexibility, agility, and coordination. We offer lessons to beginners and a squash ladder to provide games and new people to play with.

DROP IN VOLLEYBALL

All ages welcome. Come in and join us for a fun game of volleyball.

Sundays 3:00-5:15pm

DROP-IN BASKETBALL

Gym is open and available for basketball. Please bring your own ball if you can.

Thursdays 7:00-9:45pm

Fridays 8:00-9:45pm

DROP-IN BADMINTON

Everyone welcome to come in and play.

Mondays 7:30-9:45pm

Day Pass options available for non-members to access drop in sports.

Adult Fitness



SPECIALTY PROGRAMS

YTHRIVE

Are you a new member with the YMCA? We offer a free program to help you get started with your workout plans. Y Thrive is an exercise program designed by a team of fitness experts that will help you improve your health and physical performance, meet your goals and achieve results. Throughout the first 6 months of your membership, you have the opportunity to meet with one of our coaches and connect with us along the way. The coach will guide you through a set program of exercises, from one of three different streams. Y Thrive will help you establish realistic routines, empower you to reach your goals and improve your exercise knowledge while you gain confidence.

Sign up at the front desk or with one of our trainers for your first appointment! It's your time to thrive!

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

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

Please see the Membership Services desk or contact Miryam, Coordinator of Personal Training at 705-748-9642 x230 or by email at miryam.buchahim@ceo.ymca.ca



FITNESS LEADERSHIP

Are you looking to become a YMCA nationally certified group fitness or YMCA certified personal trainer? Do you enjoy helping others with their health and wellness goals? Each course has resources that provide a high-quality curriculum. Courses are a combination of online material, face to face sessions and practical skill development. Everyone will complete the YMCA Basic Theory course which includes anatomy, physiology, types of workouts and more, then stream in their certification of choice.

The Cardio/Strength stream certifies you to lead one of our group fitness classes. Learn about safe movements, music and how to put it all together to deliver a great and engaging class.

The Aquafit instructor stream provides the same material but specifically designed for the water.

The Cycle instructor stream is all about developing a group cycling class. Learn the drills, challenges and how to put them together to provide a class on the spinning bikes.

The Personal Trainer stream has a more in-depth Basic Theory course and then will include topics such as goal setting, meeting with clients, developing and progressing exercises, what are safe movements and exercises and so much more in this hybrid course. *Participants will be required to purchase Strength Training Anatomy, Third Edition by Frederic Delavier.*

Recommended prerequisite includes participation in a minimum of 50 hours in the stream of your choice. Please contact Jennifer Penhale, YMCA Trainer, for more information at jennifer.penhale@ceo.ymca.ca or 705-748-9642 x231.

Recreation & Fun



RECREATION & FUN

Child & Youth program fees unless otherwise noted are
Members \$57.50 | Non-Members \$157.50

TALES FROM THE THEATER (Ages 7-13)

Improvisational theater groups for youth focus on spontaneous and unscripted performances. Participants learn to think on their feet, enhance their communication skills, and develop a quick wit through improvisation games and exercises.

Mondays 5:30-7:00pm



KIDS KRAFT (Ages 6-9)

Join us for Kids Kraft where imagination takes flight! This program is perfect for young creators eager to explore their artistic side. Each session includes easy-to-follow instructions, and all the materials needed to make exciting projects, from colorful paper crafts to playful decorations. Our friendly instructors guide children through the creative process, helping them develop new skills while having a blast. Whether your child is a budding artist or just loves to get hands-on, this craft program is a fantastic way for them to express their creativity and make new friends.

Tuesdays 6:15-7:00pm

DANCE (Ages 7-13)

This energetic program is designed for kids who love to move and shake. With fun music, simple dance routines, and a focus on rhythm and coordination, children will enjoy every moment while developing their dance skills. Perfect for beginners and young dancers alike, this program is a fantastic way for kids to express themselves, stay active, and have fun with friends!

Tuesdays 5:00-5:45pm

RUN AND FUN (Ages 4-12)

Get ready for an exciting adventure of active play and endless laughter with our "Run and Fun" youth program. This dynamic and engaging program is designed to keep young minds and bodies energized through a variety of exhilarating games. From classic favorites like Octopus and Huckle Buckle to a plethora of other thrilling games, our program offers a fun-filled experience that promotes teamwork, respect, and active participation.

Wednesdays 6:15-7:00pm

JUNGLE TIME (Ages 4-6)

It's time for adventure in the Treehouse! Join one of our safari staff for some fun and exciting games, activities and exploration. Socks are required for this program. Dress-up is recommended!

Thursdays 6:00-6:45pm

Saturdays 10:00-10:45am



Sports



SPORTS

Child & Youth program fees unless otherwise noted are
Members \$57.50 | Non-Members \$157.50

SPORTS OF ALL SORTS

Get ready to experience a whirlwind of excitement and athleticism in our "Sports of All Sorts" program. This dynamic youth sports program offers an incredible variety of sports experiences, allowing participants to explore and engage in different activities while having a blast. From basketball to soccer, from lacrosse to track and field, "Sports of All Sorts" covers it all. Our program is designed to foster teamwork, build physical skills, and instill a love for an active lifestyle. Whether your child is a seasoned athlete or new to sports, they'll find a welcoming environment that encourages growth and sportsmanship.

Saturdays 10:45-11:15am (Age 1-3)

Saturdays 11:25am - 12:00pm (Age 4-6)

Saturdays 12:15-1:00pm (Age 7-12)



GYMNASTICS

Learn the fundamentals of gymnastics in a non-competitive and fun environment. Participants will learn new skills, enhance their coordination, balance and self-confidence. Appropriate clothing for tumbling is required. Running shoes or bare feet are permitted.

Mondays 4:45-5:30pm (Age 4-6)

Mondays 6:10-6:55pm (Age 7-12)

TUMBLING TOTS

This parent and tot program has a play environment that encourages balance and coordination. Jumping, rolling, stretching, climbing and tumbling are amongst the activities that will take place in this dynamic program.

Mondays 5:35-6:05pm (Age 1-3)

VOLT

VOLT Hockey is an inclusive and adaptive form of hockey, specifically designed for individuals of varied abilities. This unique sport is played in specially designed chairs, providing an accessible platform for children who may not have had the chance to engage in team sports before. For many of these children, it is their first opportunity to learn valuable life skills such as team building, competition and social inclusion. Registration and Drop-In options are available

Tuesdays 6:15-7:00pm

Members \$57.50 | Non-Members \$157.50 | Drop-In \$7.50



Sports



SPORTS

Child & Youth program fees unless otherwise noted are
Members \$57.50 | Non-Members \$157.50

NHL STREET

Hockey like you've never seen it! **NHL STREET** leagues are affordable and inclusive, with teams for boys and girls ages 6 to 16 years old. This version of the game—played on foot with a ball—is a fun-first design, keeping kids healthy and active through play. To put it simply: **NHL STREET** is bringing a new style, energy, and gameplay to the sport for kids everywhere.

How to play **NHL STREET**: While traditional hockey is played 5 on 5 with a goalie, **NHL STREET** is designed to be flexible, so that kids can play to their experience level, be engaged, and have fun. “**NHL STREET**, we're not inventing ball hockey, but we are reimagining the way you experience it, the way it makes you feel and how it connects back to the NHL,” said Andrew Ference, NHL Alumnus and NHL Director of Social Impact, Growth and Fan Development.

Every street hockey game begins with an opening faceoff at center court and operates with a running clock. Players are on foot, trying to maintain possession of the ball and ultimately score on their opponent. But, of course, there are a few rules along the way that stop game play. Infractions, such as offsides, hand pass, and out of bounds, and penalties, such as high-sticking, slashing, and tripping, ensure the game is played safely and fairly. Price includes registration to NHL Street League & Team Shirt. NHL Street League will be built off 1-hour games. The program may also run from 5:00-6:00pm based on total registration.

Thursdays 4:00-5:00pm (Ages 6-14)



Leadership & Specialty



LEADERSHIP DEVELOPMENT

HOME ALONE

The Home Alone program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home 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.

September 21 or November 9 from 9:00am-3:00pm

Members \$50 | Non-Members \$165



BABYSITTERS TRAINING COURSE

The Babysitters training course is aimed at youth turning 12 years of age or older within the calendar year. The Babysitters Course is loaded with special features such as child development, caring for a child, nutrition, safety, basic First Aid and handling emergencies.

October 12 or December 14 from 8:30-5:00pm

Members \$50 | Non-Members \$165

LEADER CORP

The YMCA Leadership Program is a place for aspiring young leaders to develop leadership skills, make new friends, and put our YMCA values into action. Join us for team-building activities and games, guest speakers, and volunteer opportunities at YMCA events. This program is geared towards youth between ages 10-16 and activities will relate to weekly themes.

Thursdays 6:30-8:00pm (Ages 10-16)

Members \$85 | Non-Members \$185

TEEN STRENGTH

This program is required for Youth ages 10-14 years to access the workout area. The goal of the Teen Strength program is to provide youth with a training program that will allow them to safely workout in the Conditioning Centre. During the program, youth will learn the components of a workout, how to create a safe workout, some basic anatomy plus etiquette and protocols for the Conditioning Centre.

4 week session starting September 17, October 22 or November 26.

Tuesdays 4:30-5:30pm

4 week session starting September 14, October 19 or November 23.

Saturdays 2:30-3:30pm

Members \$60

SPECIALTY

JUDO

Stephen Jaikaran is the head Sensei of the YMCA judo club, known as the Peterborough Hatashita judo club. This program will help participants develop self-discipline, concentration and fitness in a safe environment. Learn martial arts moves and techniques from our skilled and experienced instructors.

Judo Beginner (Ages 4-14)

Saturday and Sunday from 8:00am-9:30am

Members \$50 | Non-Members \$160

Judo Intermediate (Ages 4-14)

Saturday and Sunday from 9:30am-11:00am

Members \$50 | Non-Members \$160

Judo Advanced (All Ages)

Monday, Wednesday, and Thursday from 7:30pm-9:00pm

Members \$75 | Non-Members \$185

After School & 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, in arts and crafts and in reading stories.

Infants ages 0-9 can stay with us for up to 1.5 hours per day. Member cost is Daily Drop-In \$7.50 or Bi-Weekly \$17.50 for the 1st child, \$10.00 for any additional children.

Monday, Wednesday & Friday – 8:45am-11:30am

Tuesday & Thursday– 8:45am-12:00pm

Monday, Tuesday & Thursday 4:00-7:00pm

Saturday 9:00am-12:00pm

PA DAY & HOLIDAY CAMPS

PA DAY CAMPS

Participants will play active games, complete arts and crafts and will be going for a swim! Please bring healthy snacks, healthy lunch, waterbottle, bathing suit, towel and socks and running shoes. Camp runs from 8:00am-5:00pm each day.

Friday, September 27 & Friday, October 25

Members \$50/day | Non-Members \$55/day

HOLIDAY CAMP

Participants will play active games, complete arts and crafts! Please bring healthy snacks, healthy lunch, waterbottle, socks and running shoes. Camp runs from 8:00am-5:00pm each day.

December 23, 27 & 30, 2024

January 2 & 3, 2025

Members \$50/day | Non-Members \$55/day

MARCH BREAK CAMP

Camp runs from 8:00am-5:00pm each day.

March 10-14, 2025

Members \$50/day | Non-Members \$55/day



AFTER SCHOOL PROGRAM

AFTER SCHOOL PROGRAM

Together with various community partners, the YMCA offers recreational After School programming to children ages 4-12. This program provides families with a safe and secure after school location for their children accompanied by caring, active staff who lead fun and original programming focused on physical activity, nutrition and wellness. Please contact robert.labreche@ceo.ymca.ca for more information and locations available. Online registration is available.

It's time to get spooky!



HALLOWEEN SPOOKTACULAR

**Join the fun Friday,
October 18 from 4-7pm
Balsillie Family Branch**

Wear Your Costume!

Activities for all ages including:

- Haunted Treehouse
- Family Swim
- Creepy Crafts
- Candy Counting Contests
- Halloween Scavenger Hunt

Admission with donation to the
YMCA Strong Kids Campaign.



**Saturday, December 7
from 8:30-11am**

Celebrate the holiday season
and join us at the Balsillie Family
Branch for a pancake breakfast
with Santa.

Have your photo taken with
Santa, eat a delicious pancake
breakfast and enjoy some festive
crafts to celebrate the season!

Non-perishable food items and
new, unwrapped toy donations
are appreciated.



Shine On



BREAKFAST With Santa

PANCAKES | FESTIVE CRAFTS | PHOTO WITH SANTA

Treehouse & Parties

BIRTHDAY PARTIES

Looking for the ultimate birthday party experience? Look no further than YMCA, where the celebration reaches new heights and makes a splash!

Features:

Swimming Extravaganza: Make a splash with a birthday bash at our fantastic swimming facilities. Whether it's a pool party or swimming games, our aquatic area guarantees a wet and wild time for all.

Treehouse Adventure: Take the festivities to new heights with our whimsical treehouse. Perfect for imaginative play, the treehouse adds a touch of magic to your celebration.

Gym Games Galore: Let the kids burn off energy in our fully equipped gym. With many sports activities to choose from, our gym is a playground for all ages.

Multipurpose Spaces: Our versatile indoor areas are perfect for all your party's needs.

Perfect for:

Water Enthusiasts: Ideal for those who love to make a splash and enjoy aquatic adventures.

Unique Indoor Experience: The treehouse brings an element of nature to the celebration, perfect for the little explorers.

All Ages: From toddlers to teens, our facilities cater to all age groups, ensuring everyone has a blast.



Option A: 3-hour Pool & Treehouse party, Available Saturday & Sunday
1:00pm - 4:00pm (1:00-2:00 private swim, 2:00-3:00 Y Treehouse or Gym and 3:00-4:00 party room)

\$225 Members | \$275 Non-Members

Option B: 2-hour Treehouse party, Available Saturday & Sunday
11:00am-1:00pm (11:00-12:00 Y Treehouse and 12:00-1:00 party room)
2:00pm-4:00pm (2:00-3:00 Y Treehouse and 3:00-4:00 party room)

\$175 Members | \$225 Non-Members

[Click here](#) for more information. [Click here](#) to book your Y party!

Fee to be paid in full at time of booking. Cancellation up to 14 days prior (\$25 admin fee applies). For more information, contact robert.labreche@ceo.ymca.ca

TREEHOUSE

The Treehouse is our multi-level indoor play area that allows children to slide, climb, explore, swing and more! Private bookings and drop in times are available!

Socks are required for anyone accessing the Treehouse space. Parent/guardians are required to be inside the play structure to actively supervise their child(ren). Birthday Parties available!

See our website for more information on policies and usage guidelines and to see the Treehouse schedule.





Balsillie Family Branch
123 Aylmer Street South
705-748-9622