



Winter 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

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How to Register



REGISTRATION INFO

REGISTRATION OPENS

Members: Monday, December 2, 2024

Non-Members: Monday, December 16, 2024

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

The Winter Session runs from January 6-March 23 (no programming during March Break - March 10-16).

ONLINE

Register for programs by visiting ymcaofceo.ca, starting at 6:00am on Monday, December 2 and then clicking the **My Account** button.

IN PERSON

Visit the Balsillie Family Branch to register in person, starting at 9:00am on Monday, December 2.

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

SUMMER CAMP REGISTRATION

Summer Camp registration opens on Monday, February 3, 2025. Early Bird rates are available.



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



JOB SEEKERS

Our team of employment services professionals are here to be your job search dream team!

Are you:

- Looking for a job?
- Already working but want to find something better?
- Not sure about what you want to do and how to do it?

Work with our highly skilled staff to:

- Explore different job options
- Create or improve your resume
- Practice for interviews
- Learn what you need to succeed at work
- Connect with community support
- Join workshops to help you find a job

Office Hours: Monday-Friday 8:00am – 5:00pm

Drop In/Resource Centre Hours: Monday to Friday 9:00am – 4:00pm (closed 12:00pm – 1:00pm each day for lunch).

EMPLOYERS

Want more time to focus on your business? Let us take care of recruitment! We can help you find the right candidate on the first try. We're connected to hundreds of jobseekers—your perfect hire is ready and waiting!

Here's what we offer when you hire from us:

- Job readiness: Our candidates are equipped with the tools they need to succeed.
- Customized training: We'll help create a training plan that fits your business.
- Ongoing support: We support our clients for a full year after hiring.
- Wage subsidy: We might be able to help cover training costs!

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



Employment Services



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



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

SMART SERVE

Are you ready to level up your skills in the service industry? Our Smart Serve Workshop is the perfect opportunity! This engaging, hands-on session is designed to prepare you for the Smart Serve Certification, helping you feel confident and well-equipped to safely serve alcohol. Whether you're new to hospitality or just looking for a refresher, this workshop will cover all the essentials in a fun, supportive environment.

You'll learn how to responsibly serve alcohol, manage challenging situations, and protect yourself and others with smart practices. Join us and walk away with the skills to make every shift a safe and enjoyable one for you and your patrons

Sign up today and get ready to boost your resume, enhance your skills, and have some fun!

Cost \$80

SAFE FOOD HANDLER

Ready to cook up some skills in food safety? Our Safe Food Handler workshop is here to help you master the essentials of food handling, so you can serve every meal with confidence! Whether you're aiming for a certification or just want to learn best practices, this workshop is packed with everything you need to know to keep food safe and delicious.

In this fun, hands-on session, you'll learn about safe storage, preventing contamination, and proper hygiene practices. Plus, you'll pick up real-life tips for keeping food fresh, avoiding foodborne illnesses, and following health and safety guidelines. Perfect for anyone working in food service or just passionate about cooking!

Cost \$75

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

Aquatics Programs



ADVANCED CERTIFICATIONS

BRONZE MEDALLION, BRONZE CROSS AND STANDARD FIRST AID - Crash Course

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)*

January 3, 4, 5 and January 10, 11, 12

Fridays 4-9pm, Saturdays & Sundays 9am-5pm

Members \$375 + tax | Non-Members \$475 + 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.

February 5, 6, March 1, 2, April 9, 10, May 10, 11 or June 14, 15 from 9:00am-5:00pm

Members \$130 + tax | Non-Members \$165 + 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.

February 6, March 2 or April 10 from 9:00am-5:00pm

Members \$80 + tax | Non-Members \$130 + 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.

Martch 10, 11 from 9am-4pm and March 4, 6 from 4-6pm

Members \$225 + tax | Non-Members \$325 + tax

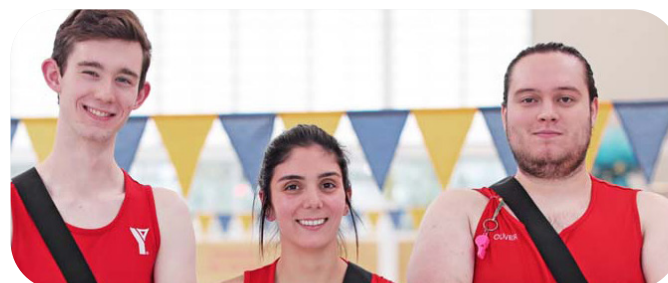
AQUATICS LEADERS IN TRAINING (BRONZE STAR AND ASSISTANT SWIM INSTRUCTORS)

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.

January 17, 18, 19 and 24, 25, 26

Members \$375 + tax | Non-Members \$475 + 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.

January 26

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. Members Only.

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 \$60 | Non-Members \$170 (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 \$60 | Non-Members \$170 (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.

Mondays 6:30-7:00pm

Tuesdays 10:00-10:30am

Wednesdays 7:00pm-7:30pm

Saturdays 12:00-12:30pm

Members \$60 | Non-Members \$170 (plus tax)

Aquatics Programs



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 Family Day***

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 \$60 | Non-Members \$170



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 or Saturdays 9:00-10:00am

Members \$70 | Non-Members \$180

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. 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.

Tuesdays 4:00-5:00pm

Members \$70 | Non-Members \$180

NEW YOUTH WATER POLO

Introducing our new youth water polo program! Participants will learn the basics of water polo, including rules, game strategy. Additionally, they will have the opportunity to improve swimming ability through drills that focus on relevant swimming strokes, primarily front crawl and breaststroke, as well as treading water. As participants become more familiar with the game, they will be divided into teams for scrimmage-style games of water polo at the end of each class.

Recommended pre-requisite: Passed Swimmer level or equivalent

Sundays 2pm-2:45pm (Ages 8-12)

Sundays 3pm-4pm (Ages 13-16)

Members \$70 | Non-Members \$180

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 \$6/lesson for the 10 week session.

Members \$60 | Non-Members \$170

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

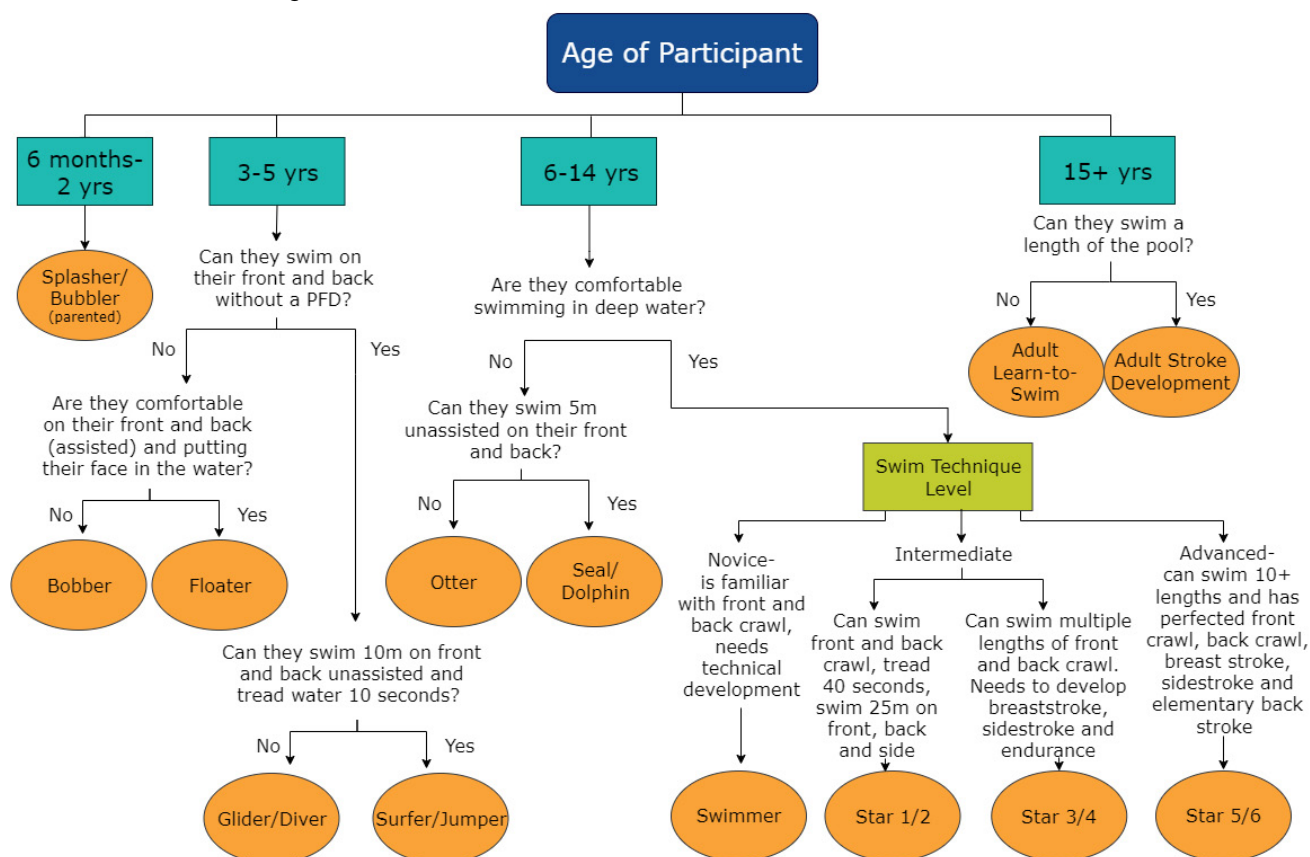
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

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.

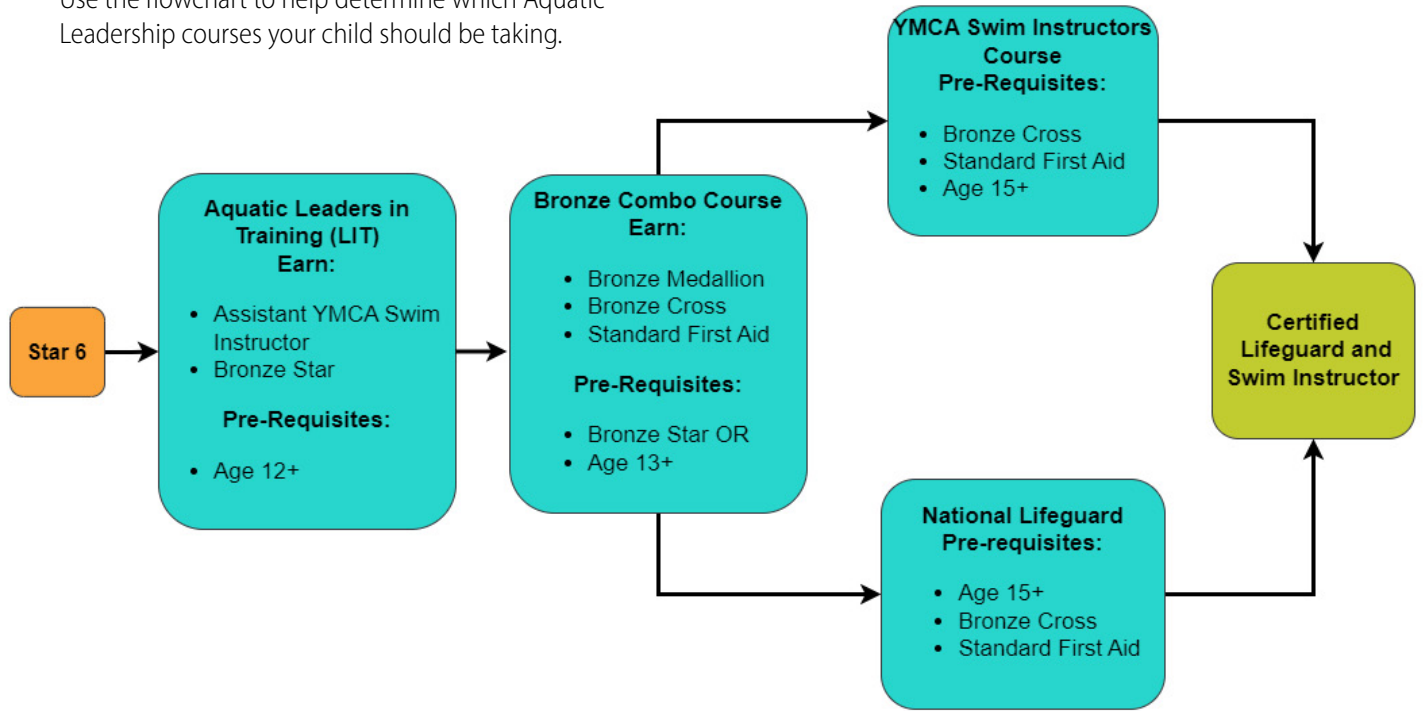


Aquatic Leadership



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 \$60 | Non-Members \$120

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 January 7th, February 4th, March 4th
Tuesdays 4:30-5:30pm

4 week session starting January 11th, February 8th, March 8th
Saturdays 2:30-3:30pm

March Break : Monday, March 10th and Tuesday, March 11th
1:30-3pm (must be available to attend both days)

Members \$60



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.

FLEX FRIDAY

A full body workout experience. Come prepared for a selected variety of weightlifting, cardio-based activities and bodyweight exercises.

TRX

This is a high intensity workout that uses TRX suspension trainers to perform bodyweight exercises. Target multiple muscle groups simultaneously, improving overall body strength.



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

PICKLEBALL LADDER

Competitive pickleball ladder. Come out and enjoy the competition. Games are scored and you have the opportunity to move up or down the ladder based on your results each week. 10 week program with the first week as a round robin to determine court placement for week 2. 18 players maximum.

Thursdays 10:15am-12:30pm

Members \$30

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 ActiveNet*

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.



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

Members Included

Non Members: Day Pass Options Available.

Photo ID required for any visitors/ guests who are 16+ years.

Adult Fitness



SPECIALTY PROGRAMS

***NEW* YTHRIVE**

As a new, adult member with the YMCA, you have access at no additional fee to our YThrive program. YThrive is an exercise program designed by a team of fitness experts that will help you improve your health and physical performance and meet your goals. Throughout the first 6 months of your membership, you have the opportunity to meet with our coaches and connect with us along the way. The coach will guide you through a predesigned program from one of three different streams.

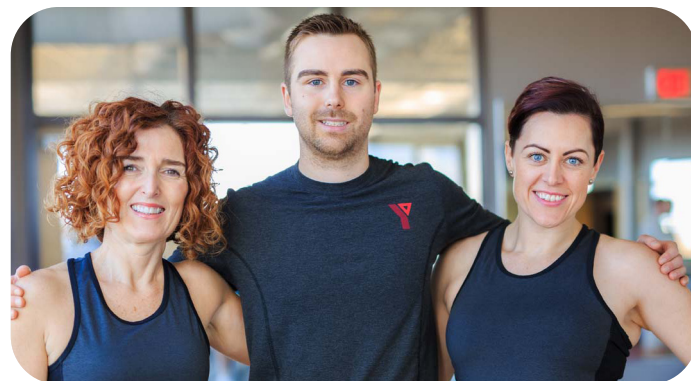


READY – a foundational fitness program designed for those new to exercise and the YMCA

STRIVE – designed for those with some exercise experience looking to take their fitness to the next level and achieve lasting results

COMMIT – a collection of fitness programs for experienced exercisers looking to maintain steady progress and reach new heights in their fitness journey

These workouts are ready to go and will help you build your confidence and fitness acumen. Supports are available in person, in printed material and online. Sign up at the front desk or with one of our coaches for your first appointment! Are you ready to THRIVE? It's your time!



FITNESS LEADERSHIP

Become a Personal Trainer or Group Fitness Instructor

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.

Adult Fitness



PERSONAL TRAINING

Working one-on-one with a personal trainer can be an effective way of meeting your goals and achieving the results you want. Stay on track, challenge yourself, learn more or improve your overall health!

Personal training offers a wide range of benefits.

- Customized workouts
- Expert guidance and knowledge
- Accountability
- Motivation and support
- Efficient use of time
- Injury prevention
- Variety and creativity
- Goal setting
- Increased confidence



Whether you are a beginner or an experienced athlete, the personalized attention and expertise of a personal trainer can help you reach your fitness goals more effectively, efficiently, and safely.

30 minute and 60 minute sessions are available. You can purchase just one session or purchase a package of multiple sessions to help you meet your goals. The more sessions you buy at once, the more you save per session.

Profiles of our personal trainers are available outside the conditioning centre. Talk to us for more information. Reach out to one of the trainers, ask at the Membership Desk or contact Miryam, Coordinator of Personal Training at 705-748-9642 x230 or by email at miryam.buchahim@ceo.ymca.ca.



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



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



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!

Saturdays 10:00-10:45am

NEW INTRODUCTION TO BAKING FOR YOUTH (Ages 9-14)

Join our Intro to Baking program for kids ages 9-14! This hands-on class teaches the basics of baking, from measuring ingredients to creating delicious treats like cookies, cupcakes, and more. Young bakers will also learn essential kitchen safety skills, including proper handling of equipment and how to work safely with heat and utensils. Perfect for young bakers eager to learn kitchen skills and have fun while making sweet creations!

Wednesdays 5:30-6:30pm

Members \$80 | Non-Members \$180



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 Parented)

Saturdays 11:20am - 12:05pm (Age 4-6)

Saturdays 12:10-1:00pm (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 Parented)

VOLT

VOLT Hockey is an inclusive and adaptive version of the sport designed to make hockey accessible to players of all abilities. Join a 3-on-3 team, work together through engaging drills, and learn the fundamentals of this exciting game. Registration opens to everyone interested to play. Are you ready to take on the challenge and score? All abilities welcome.

Tuesdays 6:15-7:00pm (Ages 6-14)

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 4:00-5:00pm based on total registration.

Thursdays 5:00-6:00pm (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.

January 26 or March 15 from 9:00am-3:00pm

Members \$50 | Non-Members \$70



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.

February 16 or April 27 from 8:30-5:00pm

Members \$60 | Non-Members \$80

SPECIALTY

NEW HIGH SCHOOL PREP

Our High School Prep Program is designed to help middle school students build the skills and confidence needed for success in high school. Through a mix of academic support, study strategies, and time management techniques, students will be better prepared to tackle the challenges of high school and set themselves up for future success.

Thursdays 6:00-7:00pm (Ages 11-14)

Members \$57.50 | Non-Members \$157.50

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 \$80 | Non-Members \$185

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.

Camp



PA DAY & HOLIDAY CAMPS

Our camp programs offer a fun, structured environment for children of different ages. Our campers explore a variety of activities like songs, stories, arts and crafts, and creative play, engage in sports, adventures, and themed games. Each day features new opportunities to learn, grow, and make new friends, fostering curiosity, creativity, and teamwork in a safe and supportive setting.

All Camps run from 8:00am-5:00pm each day.

HOLIDAY CAMP

December 23, 27 & 30, 2024
January 2 & 3, 2025

MARCH BREAK CAMP

March 10-14, 2025

EASTER CAMP

April 21, 2025

PA DAY CAMPS

January 31, March 7, April 11 and June 9

ITEMS TO REMEMBER

- reusable water bottle
- swimsuit
- towel
- running shoes
- socks
- nut free lunch & snacks

Members \$52/day | Non-Members \$57/day



Summer Camp Early Bird Registration Opens February 3!



Family Day at the YMCA

Monday, February 17

Activities for all ages including:

- Games
- Face Painting
- Bouncy Castle
- Cotton Candy
- Family Friendly Fun!

Please watch our website and social media for more details.



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



Birthday 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



Facility Rentals



TREEHOUSE

Private Treehouse Rental
Tuesday to Friday 7:00-8:00pm

Book the treehouse for your next event or gathering! Perfect playdates, or family celebrations, our space offers a safe and fun environment with plenty of room for kids to explore and play. The private space allows for a stress-free and enjoyable experience for all.

Members \$30 | Non-Members \$45

POOL

Private Pool Rentals Lap Pool Only (big pool)
Saturdays 5pm-6pm or
Sundays 5pm-6pm

This is the perfect rental for sports teams, family gatherings, or adding to a pool birthday celebration! Please note that this rental includes only the main pool and does not cover the therapy pool or any room space. The maximum capacity is 25 people. Guests under 16 years old must pass a swim test to access the deep end. For child-to-adult ratio requirements, please refer to the pool admission guidelines on our website.

Cost \$125
Additional cost of \$40 if you would like to add water walkway



Water Walkway

GYM

Private Gym Rentals
Saturdays 5pm-6pm or
Sundays 5pm-6pm

Our private gym rental offers the perfect space for personal workouts, small team practices, or just some time to hang out with friends. Whether you're looking to host a private class, or organize a sports practice, our fully equipped gym provides a clean and safe environment. With flexible booking options, you'll have exclusive access to the full gym, allowing you to focus on your event without distractions. Ideal for individuals, small groups and sports teams, looking for a private and personalized experience. Pricing based on 25 people, additional fees may apply for additional guests.

Cost \$100
Available by request, please email Robert.Labreche@ceo.ymca.ca

MEETING ROOM

Suitable for groups of up to 25 people. Smart board available for use. Please email: maryanne.wooldridge@ceo.ymca.ca for more information.





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