



Winter Program Guide

John Williams YMCA | ymcaofceo.ca

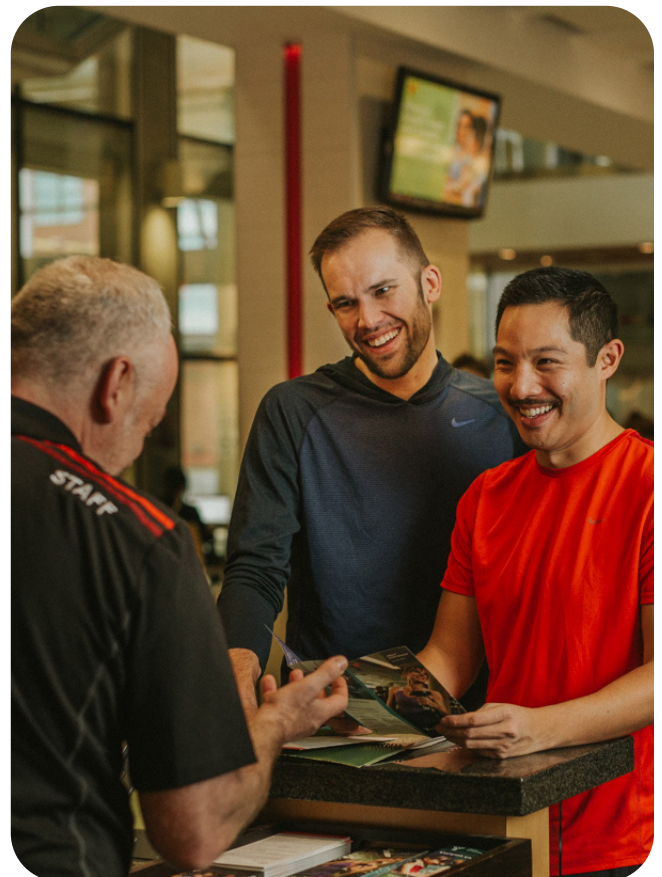
Welcome to the Y!

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, December 2, 2024

Non-Members: Monday, December 9, 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 John Williams YMCA 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.



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.

TONE & STRETCH

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

Monday 6:50-7:20pm

Wednesday 3:30-4:00pm

Members \$60 +tax | Non-Members \$170 +tax

ADULT RECREATIONAL SWIM TEAM

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

Mondays 5:30-6:30pm

Members \$63 +tax | Non-Members \$173 +tax

YOUTH/TEEN AQUATICS

YOUTH RECREATIONAL SWIM TEAM (AGES 6-12)

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

Mondays 5:30-6:30pm

Members \$63 | Non-Members \$173

YOUTH LEARN-TO-SWIM

This program is designed for youth 12-18 who would like to learn to swim.

Thursday 6:50-7:20pm

Saturday 9:50-10:20am

Members \$60 | Non-Members \$170

SPECIALIZED PROGRAMMING

SPLASH! ADAPTIVE SWIM SAFETY PROGRAM

Splash! Adaptive Swim Safety program is a 8-week tailored program focusing on water safety skills & principles. Half-hour lessons. Meet and greet January 6. First lesson begins January 13. No lesson on February 17.

Mondays 6:50-7:20pm

Members \$54 | Non-Members \$153

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.

Thursday 5:30-7:30pm

Members \$90 | Non Members \$200

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.)

January 31, February 1, 2 and 7, 8, 9

Friday 5-9pm, Saturday & Sunday 9am-6pm

Members \$375 +tax | Non Members \$475 +tax
(includes 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.

March 10-14 9:00am-7:00pm

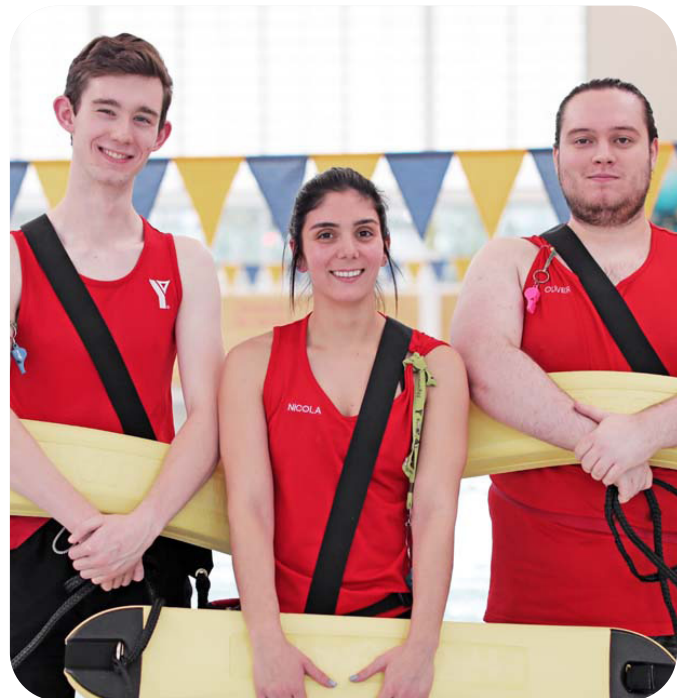
Members \$365 +tax | Non Members \$465 +tax
(includes CPR mask)

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.

Saturday, March 22 from 9:00am-5:00pm

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



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. *No lessons on February 17 (Family Day) or during March Break (March 10-16).*

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. All prices are per child, per lesson.

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

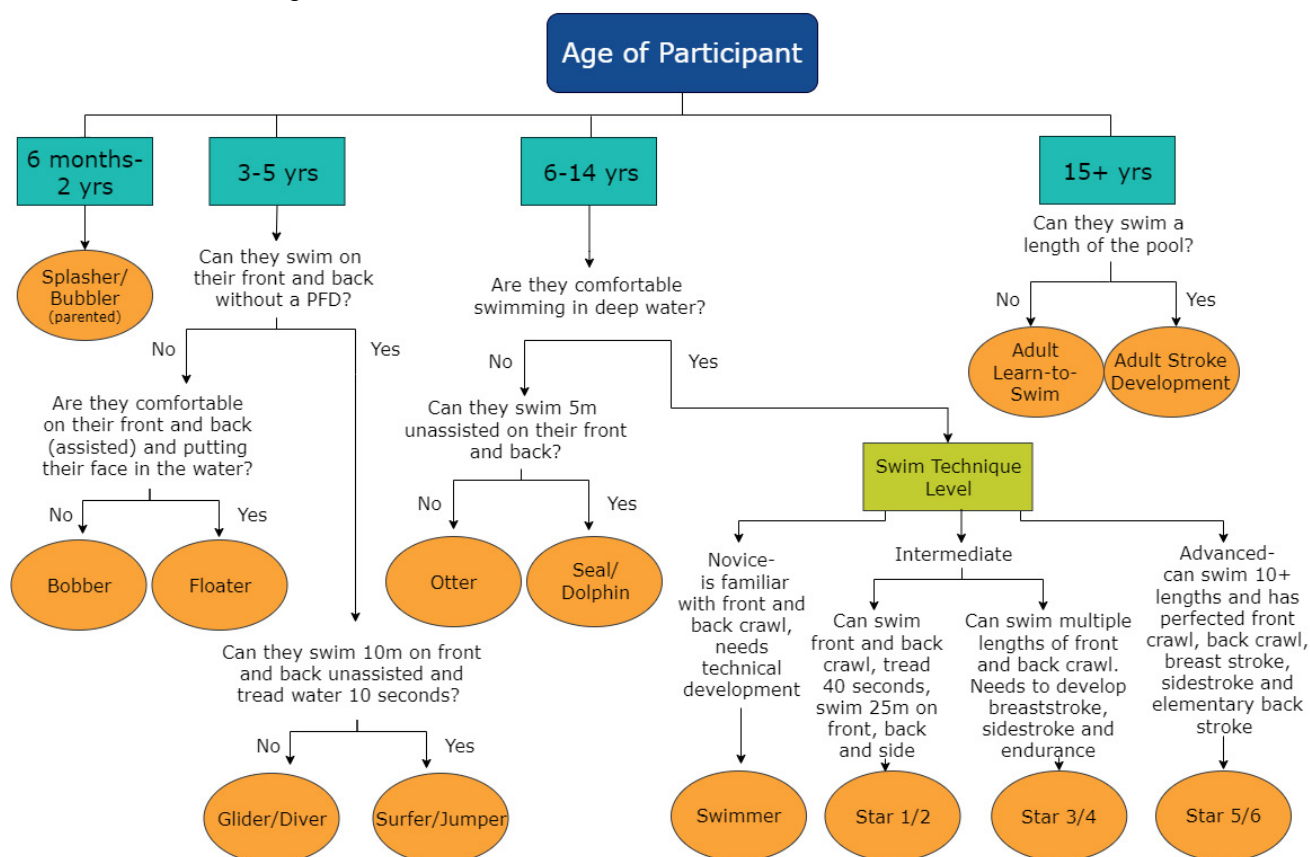
To complete: swim 200m in under 6min; eggbeater kick 2min; breast stroke 50m advanced standard; sidestroke 25m initial standard; endurance swim 500m (20 lengths).

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.

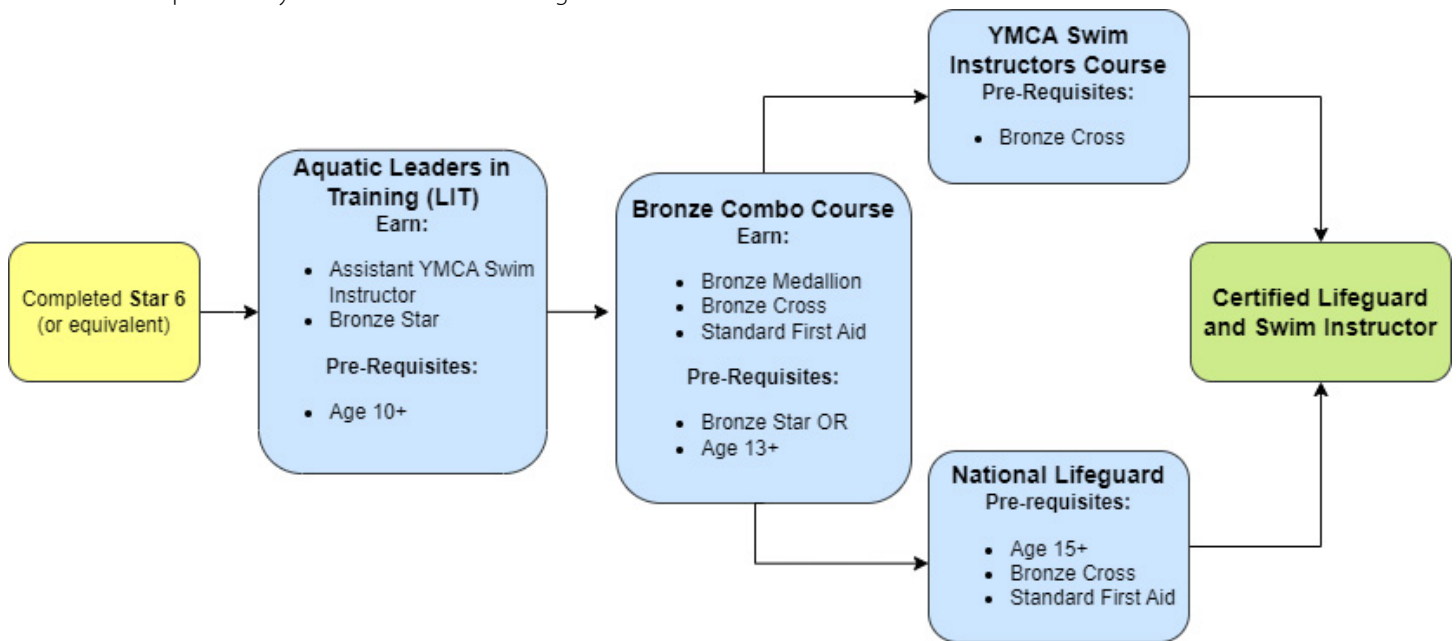


Aquatic Leadership



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

ADULT PICKLEBALL

Monday to Thursday 12:00-2:00pm & 2:00-4:00pm

Maximum 30 participants per time slot.

Members \$10 + tax | Non-Members \$110 + tax



REGULAR MEDITATION GROUP

Looking to discover and enhance your own serenity or calmness, but just not sure how? In this chaotic world we rarely take the time to slow down and reconnect with ourselves. This regular meditation class, available to all levels, will aim to give participants a dedicated space and time to practice guided meditation with a community setting. Basic meditation instruction will be provided as needed.

Tuesdays 5:00pm-6:00pm

MINDFULNESS MEDITATION LEVEL 1

Discover some serenity amidst life's hustle and bustle! Whether you're seeking relief from anxiety, depression, or simply intrigued by the Mindfulness Movement, our transformative Mindfulness Meditation Workshop awaits. Embrace tranquility and reclaim inner peace with us. 4 Week program.

Saturday 11:00am-12:00pm

Members \$20 | Non-Members \$35

MINDFULNESS MEDITATION LEVEL 2

Are you already a regular meditator or are someone looking to establish a deeper more regular meditation practice? Whether you are seeking relief from anxiety, or depression or a deeper experiential place to practice Mindfulness Meditation Level 2 is for you. Mindfulness Level two will combine the practices of level 1 with more emphasize on experiential and transformational processes for participants bringing about a deeper and longer lasting sense of calmness, and serenity. 4 Week program.

Saturday 11:00am-12:00pm

Members \$20 | Non-Members \$35

Adult Fitness



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.

Wednesdays 10:30-11:15am

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



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 & Thursdays 6:30-7:15pm

Saturdays 8:15-9:00am

GROUP FITNESS CLASSES

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 12:30-1:30pm

Wednesdays 9:00-10:00am

Saturdays 9:30-10:30am

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

MOBILITY

Mobility is life! Let's work on your range of motion within your joints, that will help aid in everyday activities while improving balance and flexibility.

Fridays 8:15-9:00am

CORE

Do you often hear the phrase "engage your core!" but don't know how to? This class will teach you how to do that, by going through movements and exercises using body weight and other equipment. A strong core can help with low back pain. A strong core can help in everyday life!

Fridays 9:15-9:45am



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.

Mondays 6:30-7:15am

Tuesdays 10:00-11:00am

Wednesdays 6:30-7:15am

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

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.

Mondays 9:15-10:00am

Tuesdays 6:30-7:15pm

Thursdays 6:30-7:30pm

Saturdays 8:15-9:00am

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 9:00-9:45am

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 9:15-10:15am

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

FOAM ROLLER

Sore or stiff? Come roll it out with a foam roller! Enjoy a 30-minute class to increasing your flexibility, take away knots and reduce muscle soreness.

Mondays 10:30-11:00am

RIG TRAINING

Come warmed up and ready to start a high intensity circuit workout on the turf in the main conditioning centre. Registration on Picktime is highly encouraged as numbers are limited, but there will be spots for drop ins!

Thursdays 8:15-8:45am

RIP

RIP is a 45-minute barbell class for men and women of all fitness levels. It is choreographed strength training that gets results! It challenges all your major muscle groups as you squat, press, lift and curl.

Wednesdays 8:15-9:00am

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!

PERSONAL TRAINING

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

6 Benefits of Working with a Personal Trainer

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

30 or 60 minute sessions available. Purchase just one session or purchase a full training package to help reach your goals.
60 minute session is \$45.00 + tax
30 minute session is \$30.00 + tax

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

Child, Youth & Family



CHILD, YOUTH & FAMILY PROGRAMS

Please note, the Winter Session is 10 weeks long, from January 6th to March 23rd.

Why Multi-age group programs? Because they help kids grow socially and emotionally by mixing different ages. Younger kids learn from older ones, and older kids develop leadership skills. These programs create a welcoming space with varied activities, reducing age stereotypes and building respect. Overall, they foster a strong, supportive community.

“Fun First, always!” At the Y, every sport is about enjoyment and growth. We’re all about recreational play, not competition. The only thing we compete for is fun!

John Williams YMCA offers various financial assistance programs. Please reach out to us to find the best way for you to enjoy your time at the Y.

WEEKDAY MORNING

Child & Youth Program fees unless otherwise noted are
Members \$48 | Non-Members \$148

Please note: The program may be cancelled before or during the session due to low registration.

MONDAY-FRIDAY

STAY N PLAY (*Drop-In, Unstaffed & Parented Family Open Gym*)
Take advantage of our spacious gymnasium where your child(ren) can play freely while socializing with new friends. We provide a wide array of ride-ons, push-alongs, balls, trikes, and other equipment to keep them entertained and active. Enjoy quality time with your child(ren) and family without the pressure of structured activities. It’s all about letting your child explore, play, meet new friends and have fun in a safe and welcoming environment.

Mondays to Fridays 10:30-11:50am
Members Included | Non-Members \$5/family

TUESDAYS

WIGGLES & GIGGLES (*Recommended Age: 2Y-4Y/Parented*)

Join us for an engaging program designed to introduce your little one to a world of excitement! From action songs to fundamental movements through obstacle courses, captivating stories, creative crafts, and lively gym games, there’s something for every young adventurer. While they immerse themselves in play, children will foster their natural curiosity, build confidence, and forge new friendships. Every week, we’ll find a way to “Wiggle & Giggle,” ensuring endless joy and discovery!

Tuesdays 10:00-10:30am

THURSDAYS

MESSY PLAY (*Recommended Age: 1Y-4Y/ Parented*)

Sensory play is a hands-on approach to learning and exploration. And what better way to explore by getting a little (or a lot!) messy without cleaning at home! “Messy Play” exposes children to safe messy play using materials and tools to learn confidence, independence and imagination within a safe space. “Messy Hands, I don’t care.”

Thursdays 10:00-10:30am



Child, Youth & Family



WEEKDAY EVENING

Child & Youth Program fees unless otherwise noted are
Members \$48 | Non-Members \$148

Please note: The program may be cancelled before or during the session due to low registration.

MONDAYS

BRICK BUILDERS

Children will have the chance to dive into buckets brimming with LEGO blocks, wooden blocks, Magnetic - tiles and other building materials. Each week presents a new set of challenges, encouraging kids to unleash their creativity. As they build, they'll also connect with peers, sharing and expanding their brilliant and boundless imaginations.

Mondays 5:00-5:45pm (Multi-Age 4+)

CURIOUS ARTISTS

Join us for a fun-filled journey where children can explore their creativity and imagination through a variety of arts and crafts activities. Each week, we'll dive into a new and exciting project, allowing kids to experiment with different materials and techniques. With our hands-on art activities, there's always something new to discover!

Mondays 6:00-6:45pm (Multi-Age 4+)

BASKETBALL SKILLS & DRILLS

Dribble, shoot, score! Basketball Skills & Drills is your child's ticket to the thrilling world of basketball. With sessions tailored for various age groups, every young athlete gets a chance to shine. In this dynamic program, children will not only learn the fundamentals of basketball but also the spirit of teamwork and sportsmanship. Get ready to watch your child grow with every dribble in the exciting sport!

Mondays 5:00-5:45pm (Ages 4-8)

Mondays 5:50-6:35pm (Ages 9+)

WEDNESDAYS

SOCCER SKILLS & DRILLS

Experience the global passion for soccer with our Soccer Program! Your child will experience the art of dribbling, passing, and shooting through engaging drills and fun games and activities. Every session is packed with fun, ensuring that children enjoy their time while staying active and healthy.

Wednesdays 5:00-5:30pm (Ages 2-3 parented)

Wednesdays 5:35-6:20pm (Ages 4-8)

Wednesdays 6:25-7:10pm (Ages 9+)

DANCE DELIGHT

Our recreational dance program is designed to introduce your child to the joy of dance in a fun and engaging environment. Through a variety of dance movements, your child will learn to express themselves creatively while developing important physical skills.

Wednesdays 5:00-5:45pm (Ages 4-8)

Wednesdays 5:50-6:35pm (Ages 9+)

THURSDAYS

KIDNASTICS

Kidnastics is a recreational gymnastics program where children can stay active, make new friends, and develop a love for movement. These classes emphasize playful activities that promote physical fitness, coordination, and balance, all while fostering social interaction and teamwork. Through various age-appropriate exercises and stations, children will learn basic gymnastics skills and enjoy being active in a supportive and lively atmosphere.

Thursdays 5:00-5:30pm (Ages 1-3 parented)

Thursdays 5:35-6:20pm (Multi-Age 4+)



Child, Youth & Family



WEEKEND PROGRAMS

Child & Youth Program fees unless otherwise noted are
Members \$48 | Non-Members \$148

Please note: The program may be cancelled before or during the session due to low registration.

SATURDAYS

KIDNASTICS

Kidnastics is a recreational gymnastics program where children can stay active, make new friends, and develop a love for movement. These classes emphasize playful activities that promote physical fitness, coordination, and balance, all while fostering social interaction and teamwork. Through various age-appropriate exercises and stations, children will learn basic gymnastics skills and enjoy being active in a supportive and lively atmosphere.

Saturdays 9:00-9:30am (Ages 1-3 parented)

Saturdays 9:35-10:20am (Multi-Age 4+)



SOCCER SKILLS & DRILLS

Experience the global passion for soccer with our Soccer Program! Your child will experience the art of dribbling, passing, and shooting through engaging drills and fun games and activities. Every session is packed with fun, ensuring that children enjoy their time while staying active and healthy.

Saturdays 10:35-11:20am (Multi-Age 4+)

YOUTH & FAMILY SPECIALTY PROGRAMS

LEADERS IN TRAINING (LIT) *(Recommended Age: 10Y-15Y)*

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

Thursdays 5:30-7:30

Members Only \$48



WHEELCHAIR BASKETBALL QUINTE AT JOHN WILLIAMS YMCA

EVERYONE is welcome! This program is an opportunity for individuals of all physical abilities and exceptionalities to participate in a game of basketball. A limited number of chairs are provided, or participants may use their own. Recommended age: 10+ years and children under 13 must be supervised for safe wheelchair use.

Tuesdays 6:30-8:00pm

Members Included | Non-Members \$5 + tax

MARTIAL ARTS

Sensi Bob and Bev Lenord, who are both certified instructors in the martial arts taught and have been teaching children for 40 years, run this Canadian Jiu Jitsu Council and Trent Valley Karate certified martial arts program for not only the children and youth but for the whole family. Participants learn strength, self-discipline, respect and self-defense techniques while working towards belt levels.

Wednesdays 5:00-5:30pm (Y Tigers Age 4-6)

Members \$50 | Non-Members \$150

Wednesdays 5:35-6:20 (Y Karate Age 7-8)

Members \$90 | Non-Members \$190

Wednesdays 6:30-7:30pm (Y Adult/Youth/Family Age 9+)

Members \$90 | Non-Members \$190

Kids Kare & Parties



CHILD MINDING

KIDSKARE

Kids Kare is a drop-in childcare 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 visit.

Mornings: Mondays - Saturdays 8:45am. - 11:45am.

Evenings: Mondays - Thursday 4:45pm. - 7:45pm.

Kids Kare operation hours may change due to program breaks.

Members Bi-Weekly \$17.50 (Additional child \$10)

Drop In \$7.50/Child

Non-Members Drop In \$10/Child



BIRTHDAY POOL PARTIES

Birthday Pool Party (Birthday child and 9 friends)

Let the Y help your child have best birthday party memories! Our birthday rentals are available not only on weekends but on Fridays, too! *NOTE: Our birthday party is unstaffed and is a family-led party. If you need assistance, kindly reach out to the front desk during your visit.*

Fridays 6-8pm

If you booked Friday night (Not Available in July and August) you will be in one half of the party room for an hour from 6-7pm and the pool from 7-8pm (shared with another party).

Saturdays or Sundays 3-5pm

Your party itinerary comprises an hour in the pool and an hour in one half of the party room. If you booked on weekends, you will be in the pool from 3-4pm (shared with another party) and then an hour in one half of the party room from 4-5pm (shared with another party).

Pool Usage Guidelines: For parties utilizing the pool, please adhere to the adult/child ratio guidelines for safety purposes. For children under 6, it is 1 adult for every 2 children. For 6-9, it is 1 adult for every 4 children (or 8 children if they wear life jackets). The right number of adults should be in the swimming pool with the children. Children can take the swim test and get a green wrist band to use the deep end of the pool. All children under 10 years of age **MUST** be supervised by a guardian.

Option for Gym Use

If you'd prefer to use the gym instead of the pool, please reach out to us, and we'll do our best to accommodate your request. Contact youra.jin@ceo.ymca.ca

As of January 2025, the birthday party fees will increase:

Members: \$175 / Non-Members: \$225

Note: If you have already booked your party for the new year, your fees will not be affected.

Birthday Party fee will be paid in full upon booking. Cancellation requests are subject to a \$25.00 cancellation fee. Refunds will not be issued if less than 14 days' notice is given in writing. If inclement weather, power outages or any other unforeseen outside circumstances cause for cancellation, the paid fees will be assessed.

PA Day Camps



PA DAY & HOLIDAY CAMPS

Our day camps are committed to maintaining the highest standard of quality to ensure a fun, safe and memorable experience for all campers. Participants will be playing active games, participating in arts and crafts and going for a swim!

What Should my Child Bring to Camp?

Swimsuit and Towel, Hat, Sunscreen, Running Shoes, Nutritious, PEANUT/NUT FREE lunch (all lunches and snacks will be checked by leaders at first snack to ensure they are nut free.) Snacks (Morning & Afternoon Snack times), Reusable Water Bottle, Weather appropriate clothing *Extra clothing for kindergarten campers is recommended.

Day Camp Behavior Policy

Our goal is to provide a safe, positive, and healthy environment for all participants. Camp staff use a positive, value-based approach to guide behavior and reward positive actions. They will quickly address any inappropriate behavior. Campers are expected to follow YMCA behavior guidelines and interact respectfully and kindly with others. Safety is our top priority. Parents/guardians and campers must follow the YMCA's safety rules. Campers may be asked to leave for inappropriate or unsafe behavior, such as using abusive language, showing aggression, or using prohibited items (like phones or tablets).

While our camp staff have extensive experience with children, they are not trained in behavioral management. If your child requires one-on-one care at school, parents are advised to provide a support worker, and this should be discussed before your child starts camp. We understand that this should not deter your child from registering at our camp. Therefore, please contact youra.jin@ceo.ymca.ca for appropriate services and accommodation. We will do our best to support your child because we aim to create the best camp memories for ALL children and youth in our community.

We strive to include everyone as much as possible, with safety and well-being as our top priorities. (Please note: Our "Inclusion Staff" are available only at Summer Camps to assist children who need downtime, prefer not to join group activities, or require a quiet space. However, campers are expected to rejoin their group once they are ready.)

PA DAY CAMP

January 31, March 31 & May 30

Camp runs from 8:00am-4:30pm

Members \$45/day | Non-Members \$50/day

HOLIDAY CAMP

Full Day 8:00am-4:30pm

Dec 23,27,30 and Jan 2,3

Half Day 8:00am-12:30pm

Dec 24, Dec 31

Members Full day \$45/day, Half day \$22.50

Non-Members Full Day \$50/day, Half day \$25

UPCOMING EVENTS

PARENTS NIGHT OUT KIDS TAKEOVER

Parents and Guardians, it's time to kick off your holiday shopping stress-free! Drop off your kids for an evening of fun and activities while you enjoy a well-deserved break. Our "Kids Takeover" program is packed with active games and more to keep your little ones entertained and happy. Supper time is at 6 PM with pizza and don't forget to pack a towel and bathing suit for refreshing swimming time! Spaces are limited, so reserve your spot today! For more information and to register, please visit ymcaofceo.ca or call us at 613-394-9622.

Friday, December 13 from 5:30-8:30pm

BREAKFAST WITH SANTA

Join us at the John Williams branch for breakfast, staff will serve the fluffiest of pancakes, while we wait for a certain person to arrive, opportunities for families and children have photo taken with Santa.

Saturday, December 7 from 8.30am-11.00am





John Williams YMCA
50 Monogram Place
613-394-9622