



Shine On

March - June

# Program Guide

Registration opens Tuesday, March 19 at 8am



Brockville YMCA & Kingston YMCA

[eo.ymca.ca](http://eo.ymca.ca)

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**Online  
registration  
is available!**

[eo.ymca.ca/onlineregistration](http://eo.ymca.ca/onlineregistration)

## Aquatics

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### Courses

Bronze Medallion w/ EFA & CPR-B	Ages 13+
Bronze Cross w/ SFA & CPR-C	Ages 13+
Bronze Cross Only	Ages 13+
Standard First Aid & CPR-C	Ages 13+
Standard First Aid & CPR-C Recert	Ages 13+
National Lifeguard (Pool)	Ages 15+
National Lifeguard (Pool) Recert	Ages 16+
Lifesaving Society Swim Instructor	Ages 15+

### Programs

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## Swim Lessons

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### Courses

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### Programs

Teen Drop-In	Ages 13 - 18
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Kraffy Kids	Ages 6 - 12
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Introduction to Pickleball	Ages 9 - 13
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Basketball Skills & Development	Ages 6 - 13
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Y Dance	Ages 6 - 12
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## Adult Fitness

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### Courses

Ready to Golf	Ages 16+
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### Programs

PWR! Moves	Ages 18+
Introduction to Pickleball	Ages 16+
Introduction to Karate	Ages 16+
Sunday Blackbelt Karate	Ages 16+
Karate - Senior Belts	Ages 16+

Watch for programming updates on our website as well as our social channels.  
No programming on statutory holidays.

# Welcome!

We are delighted to bring you our program guide, filled with activities and programs for all ages and abilities.

The YMCA is more than a facility. It is a movement dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community. Building healthy communities through the power of belonging stems from our values of caring, honesty, respect, responsibility and inclusiveness. These are central to our mission, guiding our behaviours, attitudes and actions.

When you join the Y, you become part of this mission, helping strengthen your community not only through your own journey, but also by bringing programs and services to children, youth, adults and families who may not otherwise be able to access them.

The YMCA of Eastern Ontario is a charity that is committed to giving everyone an opportunity to take part in healthy programs, access safe spaces and build positive social connections.

## Where there's a will, there's a Y

Let us help you on your fitness journey, no matter where you may be along the path.

Allow our knowledgeable staff to guide you in your fitness goals.



## YMCA Locations

### Brockville YMCA

345 Park Street,  
Brockville  
613-342-7961  
brk.membership@eoymca.ca

### Kingston YMCA

100 Wright Crescent,  
Kingston  
613-546-2647  
kng.membership@eoymca.ca

### St. Lawrence College

100 Portsmouth Avenue,  
Kingston  
613-545-3939  
kng.membership@eoymca.ca

### Kingston East Community Centre

779 Highway 15  
613-546-4291 ext 1907  
kng.membership@eoymca.ca

# Important Information

## General Programming

### Contact Information for Membership Services

- Brockville YMCA:  
brk.membership@eo.ymca.ca  
613-342-7961
- Kingston YMCA:  
kng.membership@eo.ymca.ca  
613-546-2647

### Cancellation and Changes

- Requests for membership holds, cancellations or changes must be submitted in writing, by the 15th of the month, prior to the next payment, either in-person or via email.

### Attendance and Program Refunds

- Notify the YMCA if a child will miss a class. Missing two consecutive classes may lead to loss of the spot to someone on the waitlist.
- Cancellation requests must be received at least five business days before the start date. There is a \$20 cancellation fee. No refunds for late requests or after the program has started.

### Child Protection and Facility Access

- All visitors must sign in at the Member Services desk.
- Children under 10 must be accompanied by a parent or guardian aged 16 or above.

## Aquatics Programming

### Contact Information for Aquatics Supervisors

- Brockville YMCA: Laurel Wood  
laurel.wood@eo.ymca.ca
- Kingston YMCA: Rachel Scott  
rachel.scott@eo.ymca.ca

### Cancellation and Registration Policies

- Cancellation requests must be submitted in writing at least 5 days before the session starts.
- Simultaneous enrollment in private and group lessons within the same session is not allowed.
- YMCA membership and prior registration are required.

### Conditions for Removal from Lessons

Participants may be removed for:

- Changing to a different time or day.
- Withdrawing from lessons.
- Having inactive YMCA membership.
- Missing three consecutive classes without notification.

### Special Requirements

- If your child requires additional support, please inform us before registration.
- Those who have serious medical conditions should be accompanied by someone who is knowledgeable about their condition and make aquatics staff aware.

### Queries and Withdrawal Requests

- For any questions or withdrawal requests, please contact the respective Aquatics Supervisor.

### Private Lessons Arrangement

- For queries or arrangements regarding private swim lessons not listed, please contact the respective Aquatics Supervisor.

### Determining the Appropriate Swim Level

Refer to the latest SwimGen report card:

- Brockville YMCA:  
eo.ymca.ca/brk-reportcard
- Kingston YMCA:  
eo.ymca.ca/kng-reportcard



Join the YMCA, one of  
Canada's top employers  
and become part  
of a team you'll love.

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Youth Programs  
Swim Instructors  
Group Fitness Instructors  
Lifeguards  
School-Age Care Educators  
Cleaners

And more!



Shine On  Eastern  
Ontario



# Benefits of Your Membership Card

The benefits of a YMCA of Eastern Ontario membership are many including all-inclusive access to our facilities and non-registered programs.



- Free one-on-one orientations for cardio and weights
- Attend any group fitness classes - get your sweat on in zumba or de-stress in one of our yoga classes.
- Work out in any of our fitness centres - weights and cardio equipment available.
- Play squash at Kingston YMCA - conveniently book a squash court online up to seven days in advance.
- Swim lengths or enjoy a recreational or leisure swim in one of our swimming pools.
- Participate in our Aquafit classes!
- Learn a new sport like pickleball!
- Access to YMCAs across North America and around the world.

Some conditions apply.

For more information on a Y membership, please contact our membership team.

### In Brockville:

613-342-7961

brk.membership@eo.ymca.ca

### In Kingston:

613-546-2647

kng.membership@eo.ymca.ca

### Bring a friend

Membership has its privileges.

Share the experience... use your UNLIMITED guest passes to bring a guest to our YMCA.

Some conditions apply.

### Youth membership

Youth memberships are all-inclusive.

Not only is full access to the facility included, but so are swimming lessons, youth recreation and sports programs.

# Fitness Orientations

New to the fitness center?  
Not sure where to Start?

We have four separate fitness center orientations for you. The best part of these orientations? They are included with your membership and given by a personal trainer or wellness coach.

**Please note:** orientations are mandatory for youth, ages 10-12, to access the fitness center.

Orientations to choose from are:



**Cardio equipment**  
Fitness staff will take you through using the cardio machines safely.



**Body weight**  
Nervous about how to do a squat or a lunge? Fitness staff will help you with proper technique.



**Weight equipment**  
Fitness staff will show you how to set up and safely use the weight machines.



**Free weights**  
Ever wondered about dumbbells, bars, weight plates and benches? Let our staff help you become comfortable using all the fitness center has to offer



## TLC (Total Life Care)

This registered program is for anyone with a chronic condition such as, Cardiac Conditions, Chronic Pain, C.O.P.D., Cancer, etc.

Exercise programs are designed by a personal trainer to include cardio, strength, endurance, and flexibility to meet the individual health and wellness needs of each member. This is a unique program that is based around self-management while gaining support from others, in an organized group of people who are looking to improve their health and lifestyle.

To register for a space please contact Tracy Vallier at [tracy.vallier@eo.ymca.ca](mailto:tracy.vallier@eo.ymca.ca)

Note: TLC membership is required.

## Donate to your YMCA and support our financial assistance program

Every dollar you donate helps someone in our community access healthy programs, safe spaces and positive social connections.

Donate today at [eo.ymca.ca/donate](https://eo.ymca.ca/donate)



## Looking for information?

Visit the “what we offer” page of our website to find program guides, schedules, online registration, help with online registration, facility hours and more!

As always, our friendly and helpful member services team is also here to help you.

[eo.ymca.ca/what-we-offer](https://eo.ymca.ca/what-we-offer)





# Aquatics Courses



Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites. Any pre-purchased manuals will be provided at the first class.

## **Bronze Medallion** Ages 13+ **w/ Emergency First Aid & CPR-B**

**Must be 13 years of age or hold Bronze Star.**

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. This course includes Emergency First Aid with CPR-B certification. Bronze Medallion and Emergency First Aid are prerequisites for Bronze Cross.

**>> Members & Non-Members: \$230**

### **Brockville weekend course runs**



Fri, April 12

3:30 - 8:30pm

Sat/Sun, April 13/14

9am - 5pm

### **Kingston double weekend course runs**



Sat/Sun, April 13/14 & 20/21

9 - 3pm

## **Bronze Cross** Ages 13+ **w/ Standard First Aid & CPR-C**

**Bronze Medallion and Emergency First Aid or Standard First Aid**

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. This course includes the Standard First Aid with CPR-C certification. Bronze Cross and Standard First Aid are prerequisites for advanced training in the Society's National Lifeguard and leadership certification programs.

**Please bring your Canadian Lifesaving Manual**

**>> Members & Non-Members: \$250**

### **Kingston double weekend course runs**



Sat/Sun, May 4/5 & 11/12

8am - 4pm

## **Bronze Cross Only** Ages 13+ **No Standard First Aid & CPR-C**

**Bronze Medallion and Emergency First Aid or Standard First Aid**

**>> Members & Non-Members: \$195**

### **Brockville weekend course runs**



Fri, April 19

3:30 - 8:30pm

Sat/Sun, April 20/21

9am - 5pm



Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites. Any pre-purchased manuals will be provided at the first class.

## Standard First Aid & CPR-C

Ages 13+

Lifesaving Society's Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

**Must have copy of Canadian First Aid Manual (available for purchase).**

**>> Members & Non-Members: \$140**

Brockville weekend course runs



Sat/Sun, May 4/5

9am - 5pm

Kingston weekend course runs



Sat/Sun, May 25/26

9am - 5pm

## Standard First Aid & CPR-C Recertification

Ages 13+

Standard First Aid certification remains current for 36 months from the date of certification. As per WSIB regulations, current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society SFA Recertification course. They must recertify with the original certifying agency.

**Please bring your Canadian First Aid manual.**

**>> Members & Non-Members: \$100**

Brockville day course runs



Sun, May 5

9am - 5pm

Kingston day course runs



Sun, May 26

9am - 5pm

**!** Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites. Any pre-purchased manuals will be provided at the first class.

## National Lifeguard (Pool)

Ages 15+

**Must be minimum 15 years of age and hold Bronze Cross and Standard First Aid certifications.**

National Lifeguard Standard is Canada's professional lifeguard standard. National lifeguard training develops a strong understanding of lifeguarding principles, good judgment as well as a mature and responsible attitude towards the lifeguards' role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid training. Candidates develop teamwork, leadership, and communication skills. Your Standard First Aid qualification must be from one of the approved Lifesaving Society agencies.

Must have copy of Canadian Lifesaving Manual and Canadian First Aid Manual (both available for purchase). Your Alert Manual will be provided to you on the first day of the course.

**>> Members & Non-Members: \$340**

### Brockville double weekend course runs

Fridays, May 24/31	5 - 8:30pm
Sat/Sun, May 25/26 & June 1/2	9am - 5pm

### Kingston double weekend course runs

Fridays, May 31 & June 7	5 - 8:30pm
Sat/Sun June 1/2 & June 8/9	9am - 5pm

## National Lifeguard (Pool) Recertification

Ages 16+


**Must have previously held National Lifeguard (Pool) certification.**

National Lifeguard certification is current for 2 years and is recertified by completing a National Lifeguard recertification exam. The National Lifeguard recertification exam is your opportunity to demonstrate your skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. Your exam is based on the National Lifeguard Award curriculum. The required content for this curriculum can be found in your Alert textbook and the Canadian Lifesaving Manual.

**>> Members & Non-Members: \$100**

**Brockville day course runs** 

Sunday, June 2	9am - 5pm
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**Kingston day course runs** 

Sunday, June 9	9am - 5pm
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Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites. Any pre-purchased manuals will be provided at the first class.

## Lifesaving Society Swim Instructor

Ages 15+

**Must be minimum 15 years of age, and hold Bronze Cross certification.**

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life and Canadian Swim Patrol programs.

**>> Members & Non-Members: \$180**

### Brockville weekend course runs



Thurs, May 9

3:30 - 9:30pm

Sat/Sun, May 11/12

9am - 5pm

### Kingston weekly course runs



Tuesdays

5:30 - 8:30pm

Apr 9, 16, 23, 30, May 7, 14, 21

# Aquatics Programs

## Teen Learn to Swim

Ages 13-17

Designed for swimmers who have no swim experience or who have aged out of child swim lesson levels (otter, seal, dolphin, swimmer) but are still wanting to continue to learn to swim.

>> **FREE for members. Non-members: \$170**

Brockville programs runs 11 weeks  
April 2 - June 11



Tuesdays 6:45 - 7:15pm

Kingston programs runs 11 weeks  
April 3 - June 12



Wednesdays 7:20 - 7:50pm

## Teen Stroke Development

Ages 13-17

Teen Stroke Development is a program for teens who want to continue to grow and improve upon their swimming strokes. This program is designed for swimmers who already have a foundation of swimming strokes.

>> **FREE for members. Non-members: \$170**

Brockville programs runs 11 weeks  
April 2 - June 11



Tuesdays 6:45 - 7:15pm

Kingston programs runs 11 weeks  
April 6 - June 15



Saturdays 12:20 - 12:50pm

## Adult Learn to Swim

Ages 18+

Designed for anyone 18+ who wants to learn how to swim. These half hour lessons will focus on a goal-based approach to allow everyone to get to where they want to be in the pool. This program is designed for swimmers who have little to no swim experience.

>> **FREE for members. Non-members: \$170**

Brockville programs runs 11 weeks  
April 4 - June 13



Thursdays 6:45 - 7:15pm

Kingston programs runs 10 weeks  
April 1 - June 10



Mondays 7:20 - 7:50pm



YMCA membership is required.  
The Y Penguins program is only offered  
at Kingston YMCA

# Y PENGUINS

The Y Penguins is a swim program for children diagnosed with a physical disability. This grassroots program helps participants explore their abilities and develop strength, independence and confidence as they pursue their goals in a safe, nurturing environment. Swimmers learn to focus on their abilities while they develop their swimming skills. This program provides opportunities to meet new friends and have fun, while they learn about the exciting sport of competitive swimming.

For questions, please contact  
Vicki Keith at  
[vicki.keith@eo.ymca.ca](mailto:vicki.keith@eo.ymca.ca)

## SPLASH

**Ages 6 - 10**

This specialized program for kids with physical disabilities, helps participants become comfortable in the water and develop swimming skills like floats, glides, and front and back propulsion.

>> **Members only: \$300**

Kingston programs runs 38 weeks  
September 19 - June 6



Tuesdays AND Thursdays

5 - 5:45pm

## SKILLS

**Ages 8 - 12**

This specialized program for kids with physical disabilities, helps participants begin to develop their swimming strokes and other basic skills taught in a competitive swimming environment.

>> **Members only: \$300**

Kingston programs runs 38 weeks  
September 19 - June 6



Tuesdays AND Thursdays

5 - 5:45pm

## RACE

**Ages 10 - 14**

This specialized program for kids with physical disabilities, helps participants experience a basic training environment. They follow simple workouts as well as continuing with skill development.

>> **Members only: \$300**

Kingston programs runs 38 weeks  
September 19 - June 6



Tuesdays AND Thursdays

4 - 5pm

# Private swim lessons

**!** A participant **CANNOT** be registered for both a private lesson **AND** a group lesson in the same session. Participants can only register for one class per session.

Our private lessons offer you a private or semi-private class for any swimming ability. You will have the option to work through the YMCA swim curriculum or create a customized goal-based curriculum with our certified instructors.

All private lessons are limited to one participant. If you require a semi-private lesson, register for a private lesson first, then contact Aquatics or Membership Services to complete the subsequent registrations.

<b>Member: \$219.40</b>	<b>Non-Member: \$311.90</b>
<b>Semi-Private: \$199.60 /participant</b>	<b>Semi-Private: \$263.20 /participant</b>

**BRK**

**Brockville Private lessons run**  
April 2 - June 15

**Tuesdays**

1 lesson slot	5:35 - 6:05pm
1 lesson slot	6:10 - 6:40pm
1 lesson slot	6:45 - 7:15pm

**Thursdays**

1 lesson slot	5 - 5:30pm
1 lesson slot	5:35 - 6:05pm
1 lesson slot	6:45-7:15pm

**Saturdays**

1 lesson slot	11:10 - 11:40am
1 lesson slot	11:45 - 12:15pm

**KNG**

**Kingston Private lessons run**  
April 3 - June 16

**Wednesdays**

2 lesson slots	7:55 - 8:25pm
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**Sundays**

1 lesson slot	10 - 10:30am
1 lesson slot	10:35 - 11:05am
1 lesson slot	11:10 - 11:40am
1 lesson slot	11:45 - 12:15pm

Y-CLUSIVE

Y-clusive is an inclusive swim lesson program that is geared towards children and youth with behavioral or learning barriers. This program is designed to accommodate different learning styles while providing a fun and safe learning environment in the water. Participants can choose what they want to focus on and create their own goals for the session, including their degree of comfort in and around water, water safety skills and principles, or working on a YMCA swim level. Space is limited and based on instructor availability.

To get on the list or for more information, please email [laurel.wood@eo.ymca.ca](mailto:laurel.wood@eo.ymca.ca) (Brockville) or [rachel.scott@eo.ymca.ca](mailto:rachel.scott@eo.ymca.ca) (Kingston).

**!** All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

# Aquatics

## Where to Start with YMCA Swim Lessons

Taught by certified YMCA instructors, our swimming lessons will give you lifelong skills to help you be safe in and around the water. And you just might develop a lifelong passion for swimming!

**Has your child done swimming lessons before in the Lifesaving Society or Red Cross programs?**  
 Use our Equivalency Chart to match their level with the equivalent YMCA level.  
[eo.ymca.ca/aquatics-programs](http://eo.ymca.ca/aquatics-programs)

**Not sure what level? Find your child's latest SwimGen report card.**  
 Brockville: [eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard)  
 Kingston: [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

Age 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13+



### Parent & Tot

#### Splashers\*

Parents participate with children 0-18 mths old with instruction directed toward the parent. The main movement skill taught is to make the child and adult comfortable in the water with the child able to splash both arms and legs.

#### Bubblers\*

Parents participate with children 18 mths-3 yrs with instruction directed toward the parent. The main movement skill taught is the child able to hold the wall kick feet and blow bubbles.

\*occasionally taught in the same class

### Preschool

#### Bobber

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short swims, assisted floats and propulsion

Can they put their face in the water when asked?

#### Floater

At this level, children learn deep water awareness, pool rules, how to wear a personal flotation device (PFD), assisted jumps into the water, unassisted submersion, blowing bubbles, and retrieving objects.

Float without assistance?

#### Glider

This intermediate level introduces deep water activities and front and back swims to a distance of 5m.

Comfortable in water where they can't touch the bottom?

#### Diver

In this intermediate level, children continue to develop deep water skills, work on arm action and increase front and back swim distances to 10m.

Kicking on their back and front for 10m?

#### Surfer\*

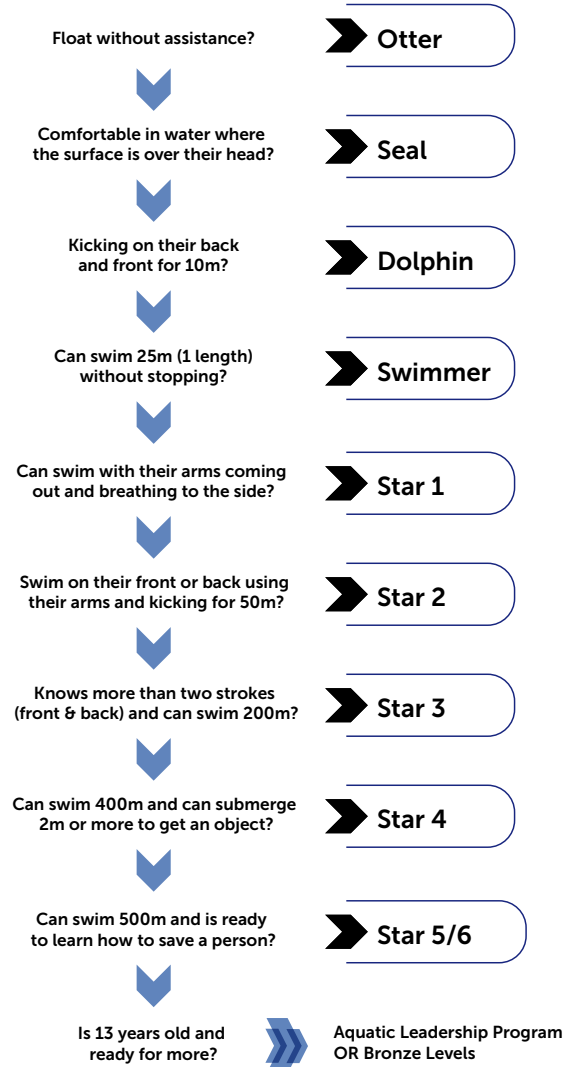
This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

#### Jumper\*

Distances of 25 - 50m, deep water activities and skills are explored. In this advanced level, children further refine front and back crawl to

\*occasionally taught in the same class

### Child





# Aquatics

## Swim lessons



Must be a member of the YMCA.  
Registration is required.  
A participant CANNOT be registered for both a private lesson AND a group lesson in the same session.

### Parent & Tot (Ages 6 months - 3 years)

Not sure what level? Find your child's latest SwimGen report card.  
[eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard) or [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

**Splasher (6 - 18 months):** Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

**Bubbler (18 months - 3 years):** Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their legs, assisted front/back floats, and practicing safe swimming.

#### Brockville Parent & Tot lessons run April 2 - June 15



<b>Tuesdays</b>	
Bubbler	10 - 10:30am
<b>Wednesdays</b>	
Bubbler	3:30 - 4pm
<b>Thursdays</b>	
Splasher	10 - 10:30am
<b>Saturdays</b>	
Splasher	9:15 - 9:45am

#### Kingston Parent & Tot lessons run April 3 - June 15



<b>Wednesdays</b>	
Bubbler	5 - 5:30pm
<b>Saturdays</b>	
Splasher	9:25 - 9:55am
Bubbler	10 - 10:30am



All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

# Aquatics

## Swim lessons



Must be a member of the YMCA.  
Registration is required.  
A participant CANNOT be registered for both a private lesson AND a group lesson in the same session.

### Preschool (Ages 3-5)

Not sure what level? Find your child's latest SwimGen report card.  
[eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard) or [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

**Bobber:** Children gain comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, & safety.

**Floater:** Children learn pool rules and become comfortable entering and exiting the pool on their own. Instruction covers skills such as swimming 10m, wearing a personal flotation device (PFD), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs.

**Glider:** Children become comfortable beginning the transition from shallow to deep water with assistance. Instruction covers skills such as deep water activities and assisted front and back floats in deep water, swims of 5m in shallow water.

**Diver:** Children start getting comfortable in deep water, with instruction covering skills such as side-to-side rolls, work on arm action, and increasing front and back swim distances to 10m.

**Surfer:** Children explore diving, surface support, creative pool entries, and extend swim distances to 15m. Instruction covers skills such as retrieving objects from deep water, front and back swims to 15m.

**Jumper:** Children further refine front and back swims to 25m and continue deep water activities. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds.

#### Brockville Preschool lessons



April 2 - June 15

##### Tuesday

Bobber	5 - 5:30pm   6:10 - 6:40pm
Floater	5:35 - 6:05pm   6:45 - 7:15pm
Glider/Diver	5 - 5:30pm   6:10 - 6:40pm 6:45 - 7:15pm
Surfer/Jumper	5:35 - 6:05pm

##### Thursday

Bobber	5:35 - 6:05pm   6:45 - 7:15pm
Floater	5 - 5:30pm   6:10 - 6:40pm
Glider/Diver	5 - 5:30pm   5:35 - 6:05pm 6:45 - 7:15pm
Surfer/Jumper	6:10 - 6:40pm

##### Saturday

Bobber	10 - 10:30am   11:10 - 11:40am
Floater	10:35 - 11:05am   11:45 - 12:15pm
Glider/Diver	10 - 10:30am   11:10 - 11:40am
Surfer/Jumper	10:35 - 11:05am   11:45 - 12:15pm

#### Kingston Preschool lessons run



April 1 - June 15

##### Mondays

Bobber	5:35 - 6:05pm
Floater	5 - 5:30pm
Glider/Diver	6:10 - 6:40pm
Surfer/Jumper	6:45 - 7:15pm

##### Wednesdays

Bobber	5:35 - 6:05pm
Floater	6:45 - 7:15pm
Glider/Diver	6:10 - 6:40pm
Surfer/Jumper	5:35 - 6:05pm

##### Saturdays

Bobber	9:25 - 9:55am
Floater	10 - 10:30am
Glider/Diver	10:35 - 11:05am
Surfer/Jumper	12:20 - 12:50pm



All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

# Aquatics

## Swim lessons



Must be a member of the YMCA.  
Registration is required.  
A participant CANNOT be registered for both a private lesson AND a group lesson in the same session.

### Child (Ages 6-12)

Not sure what level? Find your child's latest SwimGen report card.  
[eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard) or [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

**Otter:** Children can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glides, and jumps into chest-deep water from a standing position.

**Seal:** Children become comfortable in deep water and work on skills such as deep water jumping and breath control. Participants continue to work on glides and glide 5m on their back.

**Dolphin:** Children spend more time in deep water, working to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds and front glides with kicks.

**Swimmer:** Children can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for a 15m distance. Instruction covers skills such as surface dives and deep water bobs.

**Star 1:** Participants work on endurance to complete a 75m swim and enhance front crawl and back crawl to initial standards, introduction to elementary breaststroke, swimming on their back for 25m, and treading water for 2 minutes.

#### Brockville Child lessons run



April 2 - June 15

##### Tuesdays

Otter	5 - 5:30pm   6:10 - 6:40pm
	5:35 - 6:05pm   6:45 - 7:15pm
Seal/Dolphin	5 - 5:30pm   6:10 - 6:40pm
Swimmer/Star 1	5:35 - 6:05pm   6:45 - 7:15pm

##### Thursday

Otter	5 - 5:30pm   6:10 - 6:40pm
	5:35 - 6:05pm   6:45 - 7:15pm
Swimmer/Star 1	5 - 5:30pm   6:10 - 6:40pm
Seal/Dolphin	5:35 - 6:05pm   6:10-6:40pm
	6:45 - 7:15pm

##### Saturday

Otter	10 - 10:30am   11:10 - 11:40am
	10:35 - 11:05am   11:45 - 12:15pm
Seal/Dolphin	10 - 10:30am   11:10 - 11:40am
Swimmer/Star 1	10:35 - 11:05am

#### Kingston Child lessons run



April 1 - June 15

##### Mondays

Otter	5:35 - 6:05pm
Seal/Dolphin	5 - 5:30pm
Swimmer/Star 1	6:45 - 7:15pm

##### Wednesday

Otter	5 - 5:30pm
Seal/Dolphin	6:45 - 7:15pm   6:10 - 6:40pm
Swimmer/Star 1	5:35 - 6:05pm

##### Saturday

Otter	11:45am - 12:15pm
Seal/Dolphin	11:10 - 11:40am
Swimmer/Star 1	10:35 - 11:05am



All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

# Aquatics

## Swim lessons



Must be a member of the YMCA.  
Registration is required.  
A participant CANNOT be registered for both a private lesson AND a group lesson in the same session.

### Child (Ages 6-12) continued

Not sure what level? Find your child's latest SwimGen report card.  
[eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard) or [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

**Star 2:** Participants continue to develop front and back crawl to an intermediate standard. Instruction covers skills such as the introduction of breaststroke and an endurance swim of 100m.

**Star 3:** Participants continue to practice back crawl to an advanced standard of 50m, elementary backstroke to an intermediate standard of 25m, and breaststroke to an initial standard of 50m. Instruction covers skills such as eggbeater surface support, a 200m swim, and starting the Lifesaving Society's Canadian Swim Patrol curriculum.

**Star 4:** Participants build further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, the Canadian Swim Patrol curriculum, dolphin kick for 25m, eggbeater proficiency, and elementary backstroke to an advanced standard of 50m.

**Star 5:** Participants work on increasing endurance to complete a 500m swim, swim 200m in 6 minutes, and demonstrate proficiency in front crawl, back crawl, and breaststroke over a distance of 75m each. Instruction covers skills such as sidestroke to an intermediate standard of 25m, breaststroke to an advanced standard of 25m, butterfly to an initial standard of 15m, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid and supporting a 5lb object for 1 minute.

**Star 6:** Participants continue to develop endurance, completing a 600m swim and swimming 300m in 9 minutes. Instruction covers skills such as sidestroke to an advanced standard of 25m and butterfly to an intermediate standard of 15m. Work on the Canadian Swim Patrol curriculum includes carrying a 10lb object for 25m, tow rescue with an aid, and surface dive drills.

#### Brockville Child lessons run



April 2 - June 15

##### Tuesdays

Star 2/3/4                      5 - 5:30pm | 6:10 - 6:40pm

Star 5/6    5:35 - 6:05pm

##### Thursdays

Star 2/3/4                      5 - 5:30pm | 6:10 - 6:40pm

Star 5/6    5:35 - 6:05pm

##### Saturdays

Star 2/3/4    11:45am - 12:15pm

#### Kingston Child lessons run



April 1 - June 15

##### Mondays

Star 2/3/4    6:10 - 6:40pm

##### Wednesdays

Star 2/3/4                      5 - 5:30pm | 6:10 - 6:40pm

Star 5/6    6:45 - 7:15pm

##### Saturdays

Star 2/3/4    11:10 - 11:40am

Star 5/6    11:45 - 12:15pm



All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

# Youth Recreation Courses

## Babysitting Course

**Ages 11-14**

Participants will learn the basics of how to care for, entertain, engage, and safely care for young children. This class is designed to increase confidence while providing hands-on experience with the skills needed to be a babysitter.

>> **Members:** \$55

**Non-Members:** \$70

Brockville course runs



Friday, May 31

9am - 5pm

Kingston course runs



Monday, April 8  
OR Friday, May 31

9am - 5pm  
9am - 5pm

# Programs

## Teen Drop-In

**Ages 13-18**

Our teen drop-in program provides youth between the ages of 13-18 with a safe space to hang out, do crafts, play video games, access wifi, have snacks, and more!

>> **FREE for all!**

**Drop-in**

Brockville programs runs 11 weeks  
April 1 - June 14



Monday - Thursday  
Friday

2:30 - 6:30pm  
2:30 - 6pm

Funded by United Way Leeds & Grenville, May Court Club of Brockville and Healthy Eating Better Living



**United Way**  
Kingston, Frontenac,  
Lennox and Addington

**May Court Club  
of Brockville**

## Teen Night

**Ages 13-18**

Youth between the ages of 13 and 18 are encouraged to join us for a safe and inclusive space to hang out, enjoy pool and gym access, free wi-fi, snacks and more.

>> **FREE for all!**

**Drop-in**

Brockville programs runs 9 weeks  
April 5 - May 31



Fridays

7pm - 11pm



# Youth Recreation Programs



No programming on statutory holidays.

Clean indoor athletic shoes & athletic clothing required. Bring a refillable water bottle.

## Youth Karate

**Ages 5+**

Beginners to experienced. Come join us as we use a common sense approach to self defense to build the focus and discipline needed to excel in today's world.

**>> Free for members/Members only**

Brockville programs runs 11 weeks  
April 2 - June 13



Tuesdays (ages 5-9) 6 - 6:30pm  
OR Thursdays (ages 5-9) 6 - 6:30pm

Tuesdays AND Thursdays (ages 10+)  
Junior Belts 6:35 - 7:20pm  
Senior Belts 7:25 - 8pm

## Pick-up Basketball

**Ages 10-16**

Looking to get a game in? Join us for a game of pick-up basketball after school and develop your game.

**>> Free for members/Members only Drop-in**

Brockville programs runs 10 weeks  
January 8 - March 11



Mondays 2:30 - 4pm

## Krafty Kids

**Ages 6-12**

Do you like to get messy and create a work of art? This fun and creative club is just for you! Let your creative mind flow and make something interesting. Children will get the opportunity to build new skills, gain confidence and engage in rewarding relationships. The activities offered encourage the development of fine motor skills and creative thinking.

**>> Free for members/Members only**

Brockville programs runs 11 weeks  
April 6 - June 15



Saturdays (Ages 6-8) 11:30am - 12:15pm  
Saturdays (Ages 9-12) 10:30 - 11:15am

## Intro to Pickleball

**Ages 9-13**

Come and try pickleball! Participants will learn the rules and get an opportunity to try a new sport. Tips and tricks will be provided and there will be plenty of time for games. Weather permitting.

**>> Free for members/Members only**

Brockville programs runs 4 weeks  
May 21 - June 11



Tuesdays 5:30 - 6:30pm



# Youth Recreation Programs



No programming on statutory holidays.  
Clean indoor athletic shoes & athletic clothing required. Bring a refillable water bottle.

## Youth Fitness

**Ages 10-13**

Physical activity is good for both body and mind. In this program, youth will learn about: exercise, movements to help with agility, balance, and overall physical literacy. Participants will also learn about proper body mechanics and fitness centre etiquette. Staying active promotes positive mental health and sleep patterns, while building strong bones and muscles.

>> **Free for members/Members only**

**Brockville programs runs 11 weeks**  
April 5- June 14



Fridays

4 - 5pm

**Kingston programs runs 11 weeks**  
April 5- June 14



Fridays

5:30 - 6:30pm

## NHL Street

**Ages 10-14**

Come join us for this new and exciting program directly connected to the NHL! Participants will develop their hockey and teamwork skills through action-packed games of ball hockey. Players will enjoy using NHL licensed equipment and even get to wear and take home their very own NHL Street jersey!

>> **Members: \$40**      **Non-Members: \$75**

**Brockville programs runs 11 weeks**  
April 6 - June 15



Saturdays

12:45 - 2pm

**Kingston programs runs 11 weeks**  
April 6 - June 15



Saturdays

12:15 - 1:45pm

## Basketball Skills & Development

**Ages 6-13**

Looking to up your basketball game? Youth basketball skills and development is the place to be! This program teaches and refines the necessary skills for youth to play basketball in a safe, social, and encouraging environment through individual and group practice, drills, and games.

>> **Free for members/Members only**

**Brockville programs runs 11 weeks**  
April 6 - June 15



Saturdays (ages 6 - 9)

10:30 - 11:15am

Saturdays (ages 10 - 13)

11:30am - 12:30pm

**Kingston programs runs 11 weeks**  
April 6 - June 15



Saturdays (ages 6 - 9)

9:30 - 10:30am

Saturdays (ages 10 - 13)

10:45 - 11:45am



# Youth Recreation Programs



No programming on statutory holidays.  
Clean indoor athletic shoes & athletic clothing required. Bring a refillable water bottle.

>> **FREE for all!**

## Work Hard Eat Well

This popular and dynamic program will have youth participating in all sorts of fun! Fitness games and teambuilding activities will be included with youth developing their social skills, strength and cardio endurance, along with their balance and coordination. In addition to the fun activities with their peers, participants will enjoy a healthy meal and be introduced to some new and nutritious choices.



For registration forms or any questions regarding the Brockville program, contact [bryan.edgeley@eo.ymca.ca](mailto:bryan.edgeley@eo.ymca.ca)

Brockville programs runs 11 weeks      Ages 6 - 12  
April 1 - June 10

### Registration required

Mondays (ages 6 - 8)      5 - 6pm  
Mondays (ages 9 - 12)      6:15 - 7:30pm



For registration forms or any questions regarding the Kingston program, contact [mikaela.mantha@eo.ymca.ca](mailto:mikaela.mantha@eo.ymca.ca)

Kingston programs runs 11 weeks      Ages 6 - 14  
April 1 - June 14

Thursdays (ages 6 - 8)      4:30 - 7pm

### Registration required

Mondays & Fridays (ages 9 - 14)      4:30 - 7:30pm  
**Drop-in**

The Kingston program is specific to North end residents and is funded by: Kinsmen Club of Kingston, Community Foundation for Kingston & Area, Regina Rosen Food Grant and United Way KFL&A



**Kin Canada**  
Kinsmen Club  
of Kingston



**Community Foundation**  
for Kingston & Area



**United Way**  
Kingston, Frontenac,  
Lennox and Addington





# Youth Recreation Programs

 No programming on statutory holidays. Clean indoor athletic shoes & athletic clothing required. Bring a refillable water bottle.


## Youth Bike

**Ages 8-13**

Did you know that you can get Kingston's best views while riding your bike? This program helps youth develop confidence and independence while teaching the rules of the road, bike safety and skills, and basic bike repair through a fun and engaging program.

Weather dependent. Functional bike, helmet, and lock are required. Must be able to ride a bike.

**>> Free for members/Members only**


Kingston programs runs 8 weeks   
April 20 - June 8  
Saturdays 10am - 12pm

## Youth Badminton

**Ages 9-14**

Come on out and develop your serve, drop shot, and smash! Learn the rules of badminton and get the opportunity to practice and play!

**>> Free for members/Members only**


Kingston programs runs 11 weeks   
April 3 - June 12  
Wednesdays 6:45 - 7:45pm

## Y Dance

**Ages 6-12**

Dance is more than learning cool tricks and flashy poses. Dance is a form of expression. This program is designed to inspire youth to express themselves, learning different styles of dance from hip-hop, to breakdance, to contemporary, to jazz and even Tik-Tok inspired moves.

**>> Free for members/Members only**


Kingston programs runs 11 weeks   
April 2 - June 11  
Tuesdays (ages 6-8) 5:45 - 6:15pm  
Tuesdays (ages 6-8) 6:30 - 7pm  
Tuesdays (ages 9-12) 7 - 7:45pm

## Youth Squash

**Ages 9-18**

Squash is a technical and strategic game that emphasizes great exercise while having fun! With a focus on Long Term Athlete Development (LTAD), this program not only teaches kids the game of squash, but other key aspects of athletic development such as agility, hand-eye-coordination, healthy habits, and basic mental strategies. We do so by engaging in fun games, practices, and drills in a safe and inclusive environment regardless of previous experience or skills. Hope to see you on the courts!

**>> Free for members/Members only**

Kingston programs runs 11 weeks   
April 6 - June 15  
Saturdays (beginner) 10 - 11am  
Saturdays (advanced) 11am - 12pm

# Adult Fitness Courses

## Ready to Golf

Ages 16+

This program will help golfers learn about how to work on functional moves that will help participants to swing a club more efficiently. Participants will work on strength and flexibility.

>> **Members: \$30**      **Non-Members: \$80**

Brockville programs runs 4 weeks  
April 22 - May 13



Mondays

6 - 7pm

## Basic Bicycle Maintenance and Urban Cycling

Ages 16+

This program is designed to help participants learn basic understanding of how their bikes work and learn urban cycling techniques. Participants will have 3 in class sessions and 1 outdoor session.

**Please note:** Participants must have a functioning bicycle and be able to ride independently. A helmet and bike lock are required for the outdoor session. Appropriate clothing and footwear required for outdoor session. Notebook is required for in class sessions.

>> **Members: \$50**      **Non-Members: \$100**

Kingston programs runs 4 weeks  
April 10 - May 1



Wednesdays

5:30 - 7:30pm

# Programs

## PWR! Moves

Ages 18+

PWR! Moves is a fitness program specifically designed for those who are diagnosed with Parkinson's Disease. Exercises are preformed for a more symptom-specific focus such as rigidity, bradykinesia, etc. This program focuses on mobility and functional exercises to help make daily life easier and improve quality of life.

Participants will be contacted prior to the program beginning for an in-person assessment.

>> **Free for members/Members only**

Kingston programs runs 10 weeks  
April 11 - June 13



Thursdays

1 - 2pm

## Intro to Pickleball

Ages 16+

Want to try pickleball but not sure if it's for you? Come out and give it a try! Learn the rules, ask questions, and receive feedback. There will be plenty of time to play games and meet new people to play with this summer! Weather permitting.

>> **Free for members/Members only**

Brockville programs runs 4 weeks  
May 21 - June 11



Tuesdays

11:30am - 12:30pm



# Adult Fitness

## Karate




Remember: active wear, non-marking shoes and water bottle.

No programming on statutory holidays.

### Introduction to Karate **Ages 16+**

This class is designed for adults to continue their studies in karate in a comfortable setting. Participants will develop their fitness while continuing to build their skills in the art of Traditional Shotokan Karate.

>> Free for members/Members only

Brockville programs runs 11 weeks   
April 2 - June 13

Tuesdays 10:20 - 11:30am


OR

Thursdays 6:35 - 7:20pm

### Sunday Blackbelt Karate **Ages 16+**

Class for advanced adult students. We want to provide an opportunity for all blackbelts to continue or to resume their training. We tailor the class to the needs of the individuals.

>> Free for members/Members only


Brockville programs runs 11 weeks   
April 7 - June 16

Sundays 9 - 10:30am

### Karate - Senior Belts **Ages 16+**

Study the art of Traditional Shotokan Karate. Join us for a common-sense approach to self-defense while improving your fitness, focus, and flexibility. Build the skills to earn a Black Belt.

>> Free for members/Members only

Brockville programs runs 11 weeks   
April 2 - June 13

Tuesdays AND Thursdays 7:25 - 8pm



# Admission Standards



The YMCA is committed to providing a safe and enjoyable experience for all of those who use our facility.

Age	Building	Pool	Swim Test	Fitness Centre	Group Fitness Class	Functional Fitness/Rig/Turf Area
0-5	Within arm's reach of an adult	Within arm's reach of an adult	No	No access	No access	No access
6-9	Supervised by an adult	Supervised by an adult	Yes	No access	No access	Supervised by an adult
10-12	ACCESS	ACCESS	As Needed	ACCESS *orientation required	Access for cardio-based classes only	ACCESS
13-14	ACCESS	ACCESS	As Needed	ACCESS *orientation recommended	ACCESS	ACCESS

## Swim Test

*Children ages 6-9 years may have their swim level assessed every visit.*

**If they are successful:**

May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children's supervision.

**If they are not successful:**

Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio.