



**December 2023 - March 2024**

# **Program Guide**

**Registration opens December 12 at 8am**



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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/ Emergency First Aid & CPR-B	Ages 13+
Bronze Cross w/ Standard First Aid & CPR-C	Ages 13+
Bronze Cross Only	Ages 13+
Standard First Aid & CPR-C	Ages 13+
Standard First Aid & CPR-C Recertification	Ages 13+
National Lifeguard (Pool)	Ages 15+
National Lifeguard (Pool) Recertification	Ages 16+
Lifesaving Society Swim Instructor	Ages 15+
Bronze Star	Ages 10+

### Programs

Teen Learn to Swim	Ages 13 - 17
Teen Stroke Development	Ages 13 - 17
Aquatic Leadership Program	Ages 12 - 15
Adult Learn to Swim	Ages 18+

## Youth Recreation

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### Courses

Babysitting Course	Ages 11 - 14
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### Programs

Teen Drop-In	Ages 13 - 18
Teen Night	Ages 13 - 18
Youth Karate	Ages 5+
Krafty Kids	Ages 6 - 12
Pick-up Basketball	Ages 10 - 16
Youth Ball Hockey	Ages 11 - 16
Youth Fitness	Ages 10 - 13
Y Dance	Ages 6 - 12
Youth Badminton	Ages 9 - 14
Youth Squash	Ages 9 - 18
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Work Hard Eat Well	Ages 6 - 14

## Y Penguins

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## Private Swim Lessons

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## Swim Lessons

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Parent & Tot	Ages 6 months - 3 years
Preschool	Ages 3 - 5
Learn to Swim	Ages 6 - 12
Star Program	Ages 6 - 12
Star Leadership Program	Ages 6 - 12

## Adult Fitness

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### Courses

Ready to Golf	Ages 16+
Fitness for Hockey	Ages 14+

### Programs

PWR! Moves	Ages 18+
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@eo.ymca.ca](mailto:brk.membership@eo.ymca.ca)

### Kingston YMCA

100 Wright Crescent,  
Kingston  
613-546-2647  
[kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)

### St. Lawrence College

100 Portsmouth Avenue,  
Kingston  
613-545-3939  
[kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)

### Kingston East Community Centre

779 Highway 15  
613-546-4291 ext 1907  
[kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)

# Important Information

## General Programming

### Contact Information for Membership Services

- **Brockville YMCA:**
  - Email: [brk.membership@eo.ymca.ca](mailto:brk.membership@eo.ymca.ca)
  - Phone: 613-342-7961
- **Kingston YMCA:**
  - Email: [kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)
  - Phone: 613-546-2647

### Cancellation and Changes

- Requests for holds, cancellations, or changes must be submitted in writing 15 days 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**
  - Email: [laurel.wood@eo.ymca.ca](mailto:laurel.wood@eo.ymca.ca)
- **Kingston YMCA: Rachel Scott**
  - Email: [rachel.scott@eo.ymca.ca](mailto:rachel.scott@eo.ymca.ca)

### Cancellation and Registration Policies

- Cancellation requests must be submitted in writing at least one week 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.

### 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](http://eo.ymca.ca/brk-reportcard)
- Kingston YMCA: [eo.ymca.ca/kng-reportcard](http://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!**



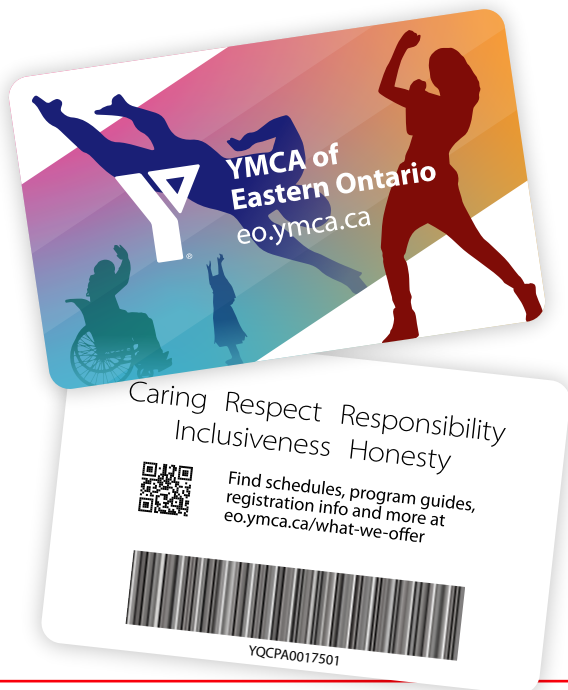
**YMCA of  
Eastern Ontario**  
[eo.ymca.ca/employment](http://eo.ymca.ca/employment)





# 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.



**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

## Have you ever wanted to become a fitness professional?

- > Do you love fitness and health?
- > Are you passionate about personal fitness?
- > Are you a person who loves to motivate and share?

We offer certification courses in Personal Training, Group Fitness, Aqua Fitness, Cycle Fit.

If you are interested in applying for one of the courses, please contact our Regional Supervisor of Fitness, Tracy Vallier, at [tracy.vallier@eo.ymca.ca](mailto:tracy.vallier@eo.ymca.ca)



## 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)







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 w/ Emergency First Aid & CPR-B**

Ages 13+

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 <sup>+HST</sup>

### **Brockville weekend course runs**



Thurs/Fri, January 11/12      3:30 - 8:30pm  
Sat/Sun, January 13/14      8am - 5pm

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



Sat/Sun, January 13/14 & 20/21      9 - 3pm

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

Ages 13+

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.

**Members & Non-Members:** \$250 <sup>+HST</sup>

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



Sat/Sun, February 3/4 & 10/11      8am - 4pm

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

Ages 13+

Bronze Medallion and Emergency First Aid or Standard First Aid

**Members & Non-Members:** \$195 <sup>+HST</sup>

### **Brockville weekend course runs**



Thurs/Fri, January 25/26      3:30 - 8:30pm  
Sat/Sun, January 27/28      8am - 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.

**Members & Non-Members:** \$140 <sup>+HST</sup>

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

### Brockville weekend course runs



Sat/Sun, February 10/11

9am - 5pm

### Kingston weekend course runs



Sat/Sun, February 24/25

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 <sup>+HST</sup>

### Brockville day course runs



Sun, February 11

9am - 5pm

### Kingston day course runs



Sun, February 25

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 <sup>+HST</sup>

### Brockville double weekend course runs

Fridays, Feb 23 & March 1                      4 - 8:30pm  
Sat/Sun, Feb 24/25 & Mar 2/3                  9am - 5pm

### Kingston double weekend course runs

Fridays, March 1 & 8                              4:30 - 8:30pm  
Sat/Sun March 2/3 & 9/10                      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 <sup>+HST</sup>

### Brockville day course runs

Sun, March 3                                      9am - 5pm

### Kingston day course runs

Sun, March 10                                    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.

## 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 <sup>+HST</sup>

### Brockville weekend course runs



Thurs, Feb 1  
Sat/Sun, Feb 3/4

5 - 9pm  
9am - 5pm

### Kingston weekly course runs



Wednesdays  
Jan 10/17/24/31 & Feb 7/14

5:30 - 9pm

## Bronze Star

Ages 10+

Bronze Star develops swimming proficiency, lifesaving skill, and personal fitness. Candidates refine stroke mechanics, acquire self rescue skills, and apply fitness principles in training workouts. Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Members & Non-Members: \$175 <sup>+HST</sup>

### Brockville weekly course runs



Thursdays  
Jan 18/25 & Feb 1/8/15/22/29 & Mar 7

6:10-7:30pm



# Aquatics Programs

## Teen Learn to Swim

Ages 13-17

Designed for swimmers that have aged out of our learn to swim levels but are still wanting to continue to learn to swim. This program is designed for swimmers who have aged out of the learn to swim levels (Otter, Seal, Dolphin, Swimmer) or have had no swim experience.

**FREE for members.**

**Non-members: \$170 <sup>+HST</sup>**

**Brockville programs runs 10 weeks  
January 9 - March 12**



Tuesdays

6:10 - 6:40pm

**Kingston programs runs 10 weeks  
January 10 - March 13**



Wednesdays

7:55 - 8:25pm

## Aquatic Leadership Program

Ages 12 - 15

This program is designed to be a stepping stone for youth who want to pursue the Bronze and Lifeguarding courses but are not old enough, or want more information or experience before taking the courses. The goal of this program is to foster leadership in youth as well as to promote further aquatic education. The curriculum focuses on leadership, team building, and aquatic skills. Learning outcomes include: leadership, team building, physical fitness, goal creation, swimming skills, first aid, and how to become a lifeguard.

**FREE for members/members only.**

**Kingston programs runs 10 weeks  
January 13 - March 16**



Saturdays

11:45 - 12:45pm

## 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 <sup>+HST</sup>**

**Brockville programs runs 10 weeks  
January 9 - March 12**



Tuesdays

6:45 - 7:15pm

**Kingston programs runs 10 weeks  
January 14 - March 17**



Sundays

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 <sup>+HST</sup>**

**Brockville programs runs 10 weeks  
January 11 - March 14**



Thursdays

6:45 - 7:15pm

**Kingston programs runs 10 weeks  
January 8 - March 16**



Mondays  
or Saturdays

7:55 - 8:25pm  
11:10 - 11:40am



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 <sup>+HST</sup>

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:** \$400 <sup>+HST</sup>

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:** \$400 <sup>+HST</sup>

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.

<p><b>Member:</b> \$219.40</p> <p>Semi-Private: \$199.60 per participant</p>	<p><b>Non-Member:</b> \$311.90</p> <p>Semi-Private: \$263.20 per participant</p>
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**Brockville Private lessons run**  
January 9 - March 16



**Thursdays**  
1 lesson slot 5 - 5:30pm  
1 lesson slot 5:35 - 6:05pm

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

**Kingston Private lessons run**  
January 8 - March 17



**Mondays**  
2 lesson slots 7:20 - 7:50pm  
1 lesson slot 7:55 - 8:25pm

**Wednesdays**  
2 lesson slots 7:20 - 7:50pm  
1 lesson slot 7:55 - 8:25pm

**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  
1 lesson slot 12:20 - 12:50pm

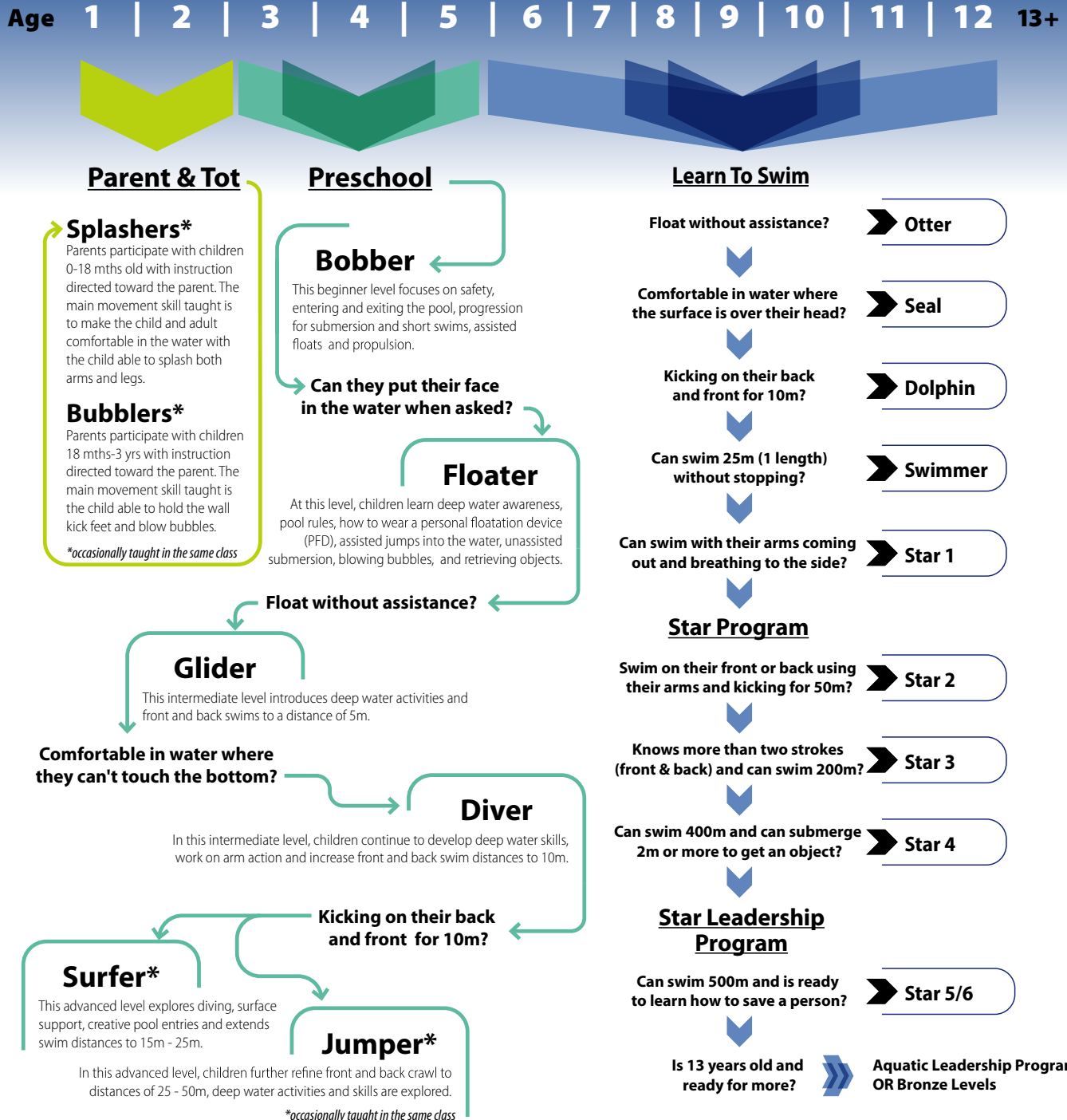
## Y-clusive

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) [haruna.mori@eo.ymca.ca](mailto:haruna.mori@eo.ymca.ca) (Kingston) 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.

# 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!







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

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

**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 January 9 - March 16



#### Tuesdays

Splasher/Bubbler 10 - 10:30am

#### Thursdays

Splasher/Bubbler 10 - 10:30am

#### Saturdays

Splasher/Bubbler 9:15 - 9:45am

### Kingston Parent & Tot lessons run January 8 - March 16



#### Mondays

Splasher 5 - 5:30pm

#### Wednesdays

Bubbler 5 - 5:30pm

#### Saturdays

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.





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

## Preschool (Ages 3-5)

**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 run January 9 - March 16



#### Tuesdays

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

#### Thursdays

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

#### Saturdays

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

### Kingston Preschool lessons run January 8 - March 16



#### Mondays

Bobber	5:35 - 6:05pm
Glider/Diver	6:10 - 6:40pm
Surfer/Jumper	6:10 - 6:40pm

#### Wednesdays

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

#### Saturdays

Bobber	9:25 - 9:55am   10 - 10:30am
Floater	9:25 - 9:55am   10 - 10:30am   10:35 - 11:05am
Glider/Diver	10:35 - 11:05am   11:10 - 11:40am
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.





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

## Learn to Swim (Ages 6-12)

**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 Learn to Swim lessons run January 9 - March 16



#### 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

#### Thursdays

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   6:45 - 7:15pm

#### Saturdays

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 Learn to Swim lessons run January 8 - March 17



#### Mondays

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

#### Wednesdays

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

#### Saturdays

Swimmer/Star 1	10:35 - 11:05am   11:45 - 12:15pm
Seal/Dolphin	11:10 - 11:40am   12:20 - 12:50pm
Otter	11:45 - 12:15pm

#### Sundays

Seal/Dolphin	10 - 10:30am
Swimmer/Star 1	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.





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

## Star Program (Ages 6-12)

**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.

### Brockville Star Program lessons run January 9 - March 16



#### Tuesdays

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

#### Thursdays

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

#### Saturdays

Star 2,3,4                      11:45am - 12:15pm

### Kingston Star Program lessons run January 8 - March 17



#### Mondays

Star 2/3/4                      6:10 - 6:40pm

#### Wednesdays

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

#### Saturdays

Star 2/3/4                      11:10 - 11:40am | 12:20 - 12:50pm

#### Sundays

Star 2/3/4                      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.







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

## Star Leadership Program (Ages 6-12)

**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

Star Leadership Program lessons run  
January 9 - March 14



#### Tuesdays

Star 5,6 5:35 - 6:05pm

#### Thursdays

Star 5,6 5:35 - 6:05pm

### Kingston

Star Leadership Program lessons run  
January 10 - March 17



#### Wednesdays

Star 5/6 6:45 - 7:15pm

#### Saturdays

Star 5/6 11:45 - 12:15pm

#### Sundays

Star 5/6 11:10 - 11:40am



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.



# 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**

Wednesday, March 13



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 10 weeks**

**January 8 - March 15**



Monday - Thursday

2:30 - 6:30pm

Friday

2:30 - 6 pm

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**

**January 19 - March 15**



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 9 weeks  
January 9 - March 7**



Tuesdays **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 10 weeks  
January 13 - March 16**



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

## Youth Ball Hockey

Ages 11-16

Come join us for a bit of pick-up hockey! This program promises to be fun, inclusive and action packed. Participants will continue to develop their hockey and teamwork skills through gameplay.

**Free for members/Members only**

**Brockville programs runs 10 weeks  
January 10 - March 13**



Wednesdays 6 - 7pm



# 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 13 week program youth will learn about exercise, and movements to help with agility, balance, and overall physical literacy. Participants will also learn about proper body mechanics and fitness center etiquette. Staying active promotes positive mental health and sleep patterns, while building strong bones and muscles.

Free for members/Members only

Brockville programs runs 10 weeks  
January 12 - March 15



Fridays

4 - 5pm

Kingston programs runs 10 weeks  
January 12 - March 15



Fridays

5:30 - 6:30pm

## 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 10 weeks  
January 10 - March 13



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 10 weeks  
January 9 - March 12



Tuesdays (ages 6-8) 5:45 - 6:15pm or 6:30 - 7pm  
Tuesdays (ages 9-12) 7 - 7:45pm

## Youth Squash

Ages 9-18

Squash is a technical and strategical 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 10 weeks  
January 13 - March 16



Saturdays (ages 9 - 13) 10 - 11am  
Saturdays (ages 14 - 18) 11 - 12pm





# Youth Recreation Programs



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

## 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 10 weeks  
January 13 - March 16**



Saturdays (ages 6 - 9)	10:30 - 11:15am
Saturdays (ages 10 - 13)	11:30am - 12:30pm

**Kingston programs runs 10 weeks  
January 13 - March 16**



Saturdays (ages 6 - 9)	9:30 - 10:30am
Saturdays (ages 10 - 13)	10:45 - 11:45am

## 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.

**FREE for all!**

**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 10 weeks      Ages 6 - 12  
January 8 - March 11**

**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  
[ashley.mcquay@eo.ymca.ca](mailto:ashley.mcquay@eo.ymca.ca)**



**Kingston programs runs 9 weeks      Ages 6 - 14  
January 8 - March 8**

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

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



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



# 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. This program will be run by a golf professional.

**Members:** \$30 <sup>+HST</sup>

**Non-Members:** \$80 <sup>+HST</sup>

**Brockville programs runs 4 weeks**  
**January 22 - February 12**



Mondays

6 - 7pm

## Fitness for Hockey

Ages 14+

Participants in this program will focus their strength training in the areas of core and power. You will also work on flexibility and balance to help you meet your goals and increase your performance.

**Members:** \$30 <sup>+HST</sup>

**Non-Members:** \$80 <sup>+HST</sup>

**Brockville programs runs 4 weeks**  
**January 24 - February 14**



Wednesdays

6 - 7pm

# 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.

**Members:** \$80 <sup>+HST</sup>

**Non-Members:** \$175 <sup>+HST</sup>

**Kingston programs runs 10 weeks**  
**January 11 - March 14**



Thursdays

1 - 2pm



*Remember: active wear, non-marking shoes and water bottle.**No programming on statutory holidays.***Introduction to Karate****Ages 16+****FREE for members/members only.**

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.

**Brockville programs runs 10 weeks**  
**January 9 - March 14**



Tuesdays 10:20 - 11:30am  
 OR  
 Thursdays 6:35 - 7:20pm

**Sunday Blackbelt Karate****Ages 16+****FREE for members/members only.**

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.

**Brockville programs runs 10 weeks**  
**January 14 - March 17**



Sundays 9 - 10:30am

**Karate - Senior Belts****Ages 16+****FREE for members/members only.**

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.

**Brockville programs runs 10 weeks**  
**January 9 - March 14**



Tuesdays AND Thursdays 7:25 - 8pm



*Registration is required for all programs except for those marked **Drop-in**.*

# Birthday Party @ the YMCA

## Looking to host a child's birthday party?

### Brockville YMCA

Enjoy some time in the pool or the gym followed by a room rental where you can serve cake, open gifts, and play games.

Members: \$150  
Non-members: \$175

**Bookings available  
January 13 - March 17**



Saturdays (pool)	12:30 - 2:30 pm
Sundays (gym)	12:30 - 2:30 pm

BROCKVILLE YMCA POOL

[bryan.edgeley@eo.ymca.ca](mailto:bryan.edgeley@eo.ymca.ca)

BROCKVILLE YMCA GYM

[bryan.edgeley@eo.ymca.ca](mailto:bryan.edgeley@eo.ymca.ca)

### Kingston YMCA

We have pool and room rental options available. Feel free to bring your gifts, games, decorations and cake!

**Bookings available  
January 13 - March 17**



Inquire by email for pricing and availability.

KINGSTON YMCA POOL

[rachel.scott@eo.ymca.ca](mailto:rachel.scott@eo.ymca.ca)

KINGSTON YMCA ROOM

[tamara.patterson-garand@eo.ymca.ca](mailto:tamara.patterson-garand@eo.ymca.ca)

Max 30 participants (including adults).

# 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.

