

June - September

# Program Guide

Registration opens Tuesday, June 18 at 8am



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**Online  
registration  
is available!**

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

## **Aquatics** pg. 9

### **Courses**

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

### **Programs**

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### **Courses**

Personal Trainer Certification	Ages 16+
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### **Programs**

PWR! Moves	Ages 18+
Pickleball Pre-Intermediate	Ages 16+
Introduction to Pickleball	Ages 16+

## **Karate** pg. 21

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.



### 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

### Membership Cancellation and Changes

- Requests for membership holds, cancellations or changes must be submitted in writing, 15 days prior to the next scheduled 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.

### Safeguarding Children and Facility Access

- All visitors must sign in at the Member Services desk. Photo ID required.
- 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!





# 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 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**

Brockville weekday course runs



July 2,3,4,5

9am - 1pm

Kingston double weekend course runs



Sat/Sun, July 6/7 & 13/14

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.

**Please bring your Canadian Lifesaving Manual**

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

Brockville weekday course runs



Mon-Fri, July 15-19

9am - 2pm

Kingston double weekend course runs



Sat/Sun, July 20/21 & 27/28

8am - 4pm

# 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.

## 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, July 27/28

9am - 5pm

Kingston weekend course runs



Sat/Sun, August 24/25

9am - 5pm

## 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 weekday course runs



Mon-Thurs, August 19-22

3 - 9pm

## 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, July 28

9am - 5pm

Kingston day course runs



Sun, August 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**

Brockville weekday course runs



Mon-Fri, August 12-16

9am - 5pm

Kingston double weekend course runs



Fridays, August 9 & 16

4:30 - 8:30pm

Sat/Sun August 10/11 & 17/18

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



Friday, August 16

9am - 5pm

Kingston day course runs



Sunday, August 18

9am - 5pm

## Lifesaving Instructor

Ages 15+

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

The Lifesaving Instructor course prepares instructors to teach the Lifesaving Society's Canadian Swim Patrol Program, Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness, Distinction, Basic and Emergency First Aid, and CPR-A, CPR-B, and CPR-C

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

Kingston weekday course runs



Mon-Fri, July 22-26

9am - 1pm

# Aquatics Programs

## 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 strong swimming foundation and comfortability in the water.

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

Brockville programs runs 8 weeks  
July 2 - August 20



Tuesdays 6:45 - 7:15pm

Kingston programs runs 8 weeks  
July 6 - August 17



Saturdays 12:20 - 12:50pm

## Teen Learn to Swim Ages 13-17

Designed for teens 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 8 weeks  
July 2 - August 20



Tuesdays 6:45 - 7:15pm

Kingston programs runs 8 weeks  
July 3 - August 14



Wednesdays 7:20 - 7:50pm

## 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 8 weeks  
July 4 - August 22



Thursdays 6:45 - 7:15pm

Kingston programs runs 8 weeks  
July 8 - August 19



Mondays 7:20 - 7:50pm

# 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.

**Member: \$219.40**

**Semi-Private: \$199.60 /participant**

**Non-Member: \$311.90**

**Semi-Private: \$263.20 /participant**

## Brockville Private lessons run



**Tuesdays, July 2 - August 20 (8 weeks)**

1 lesson slot 6:45 - 7:15pm

**Thursdays, July 4 - August 22 (8 weeks)**

1 lesson slot 5:35 - 6:05pm

1 lesson slot 6:10 - 6:40pm

1 lesson slot 6:45 - 7:15pm

## Kingston Private lessons run



**Mondays, July 8 - August 19 (6 weeks)**

2 lesson slots 7:20 - 7:50pm

**Wednesdays, July 3 - August 14 (7 weeks)**

2 lesson slots 7:20 - 7:50pm

**Sundays, July 7 - August 18 (7 weeks)**

2 lesson slots 10 - 10:30am

2 lesson slots 10:35 - 11:05am

2 lesson slots 11:10 - 11:40am

2 lesson slots 11:45am - 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\*

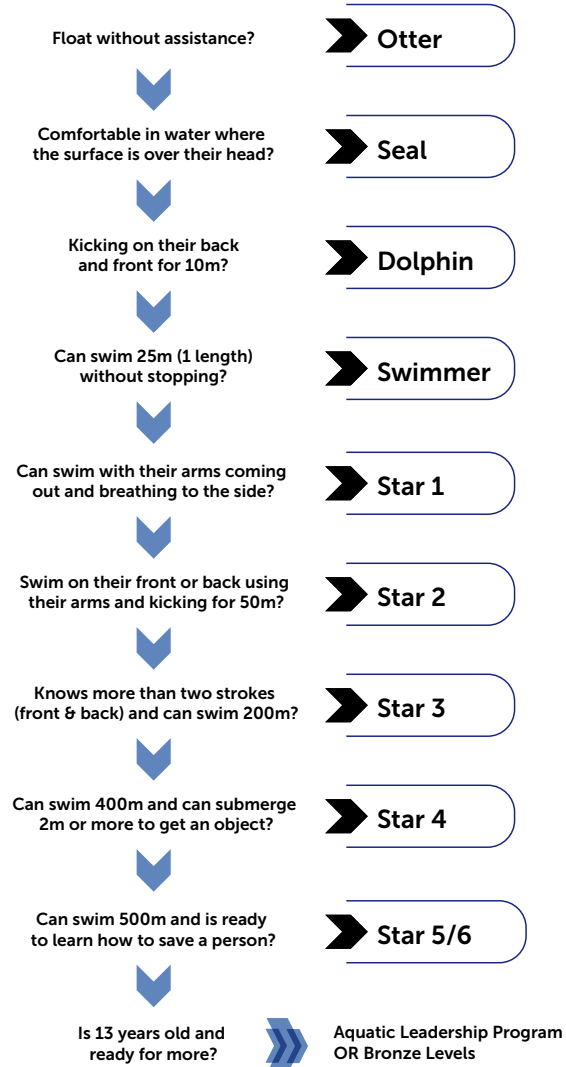
This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

#### 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



Tuesdays, July 2 - August 20 (8 weeks)  
Splasher/Bubbler 10 - 10:30am

Thursdays, July 4 - August 22 (8 weeks)  
Splasher/Bubbler 10 - 10:30am

#### Kingston Parent & Tot lessons run



Wednesdays, July 3 - August 14 (7 weeks)  
Bubbler 5 - 5:30pm

Saturdays, July 6 - August 17 (7 weeks)  
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 run



##### Tuesdays, July 2 - August 20 (8 weeks)

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

##### Thursdays, July 4 - August 22 (8 weeks)

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

#### Kingston Preschool lessons run



##### Mondays, July 8 - August 19 (6 weeks)

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

##### Wednesdays, July 3 - August 14 (7 weeks)

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

##### Saturdays, July 6 - August 17 (7 weeks)

Bobber	9:25 - 9:55am   10:35 - 11:05am
Floater	10 - 10:30am   11:10 - 11:40am
Glider/Diver	10:35 - 11:05am   10 - 10:30am 11:45am - 12:15pm
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



##### Tuesdays, July 2 - August 20 (8 weeks)

Otter 5 - 5:30pm | 5:35 - 6:05pm  
6:10 - 6:40pm

Seal/Dolphin 5 - 5:30pm | 6:10 - 6:40pm

Swimmer/Star 1 5:35 - 6:05pm | 6:45 - 7:15pm

##### Thursdays, July 4 - August 22 (8 weeks)

Otter 5 - 5:30pm | 5:35 - 6:05pm  
6:10 - 6:40pm

Seal/Dolphin 5:35 - 6:05 | 6:45 - 7:10pm

Swimmer/Star 1 5 - 5:30pm | 6:10 - 6:40pm

#### Kingston Child lessons run



##### Mondays, July 8 - August 19 (6 weeks)

Otter 5:35 - 6:05pm | 6:10 - 6:40pm

Seal/Dolphin 5 - 5:30pm | 6:45 - 7:15pm

Swimmer/Star 1 5 - 5:30pm | 6:45 - 7:15pm

##### Wednesdays, July 3 - August 14 (7 weeks)

Otter 5 - 5:30pm

Seal/Dolphin 6:10 - 6:40pm | 6:45 - 7:15pm

Swimmer/Star 1 5:35 - 6:05pm

##### Saturdays, July 6 - August 17 (7 weeks)

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



##### Tuesdays, July 2 - August 20 (8 weeks)

Star 2	5 - 5:30pm
Star 3/4	6:10 - 6:40pm
Star 5/6	5:35 - 6:05pm

##### Thursdays, July 4 - August 22 (8 weeks)

Star 2	6:10 - 6:40pm
Star 3/4	5 - 5:30pm
Star 5/6	5:35 - 6:05pm

#### Kingston Child lessons run



##### Mondays, July 8 - August 19 (6 weeks)

Star 2/3/4	5:35 - 6:05pm   6:10 - 6:40pm
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##### Wednesdays, July 3 - August 14 (7 weeks)

Star 2/3/4	5 - 5:30pm   6:10 - 6:40pm
Star 5/6	6:45 - 7:15pm

##### Saturdays, July 6 - August 17 (7 weeks)

Star 2/3/4	11:10 - 11:40am   12:20 - 12:50pm
Star 5/6	11:45am - 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.


# Neighbourhood Parks Program



The Neighbourhood Parks Program is offered by the City of Kingston and operated by the YMCA of Eastern Ontario. It is a free, drop-in program that provides children aged six to 12 with recreational activities at five local parks.

It is offered from Mondays to Fridays, beginning on July 2 and running to August 23, with the exception of the Civic Holiday on Monday, August 5.

There will be a rotating schedule as follows.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>9 - 11:30am</b> (2.5hrs)	Cataraqui Woods Park	Polson Park	Jim Beattie	West Park	Lake Ontario Park
 <b>12:30 - 3pm</b> (2.5hrs)	West Park	Lake Ontario Park	Cataraqui Woods Park	Polson Park	Jim Beattie

Recreational programming may include active games, crafts, circle games or use of equipment/supplies.

### Important notes for parents and guardians

- Staff do not replace parent/guardian supervision. Children are allowed to join or leave activities or the park when they want.
- All programs are free of charge.
- All programs require check in with staff and collection of basic information (name, age, phone number and emergency contact).
- This outdoor programming is weather dependent and will not run during inclement weather (e.g. rain, thunder, lightning, heat or smog/smoke warnings).

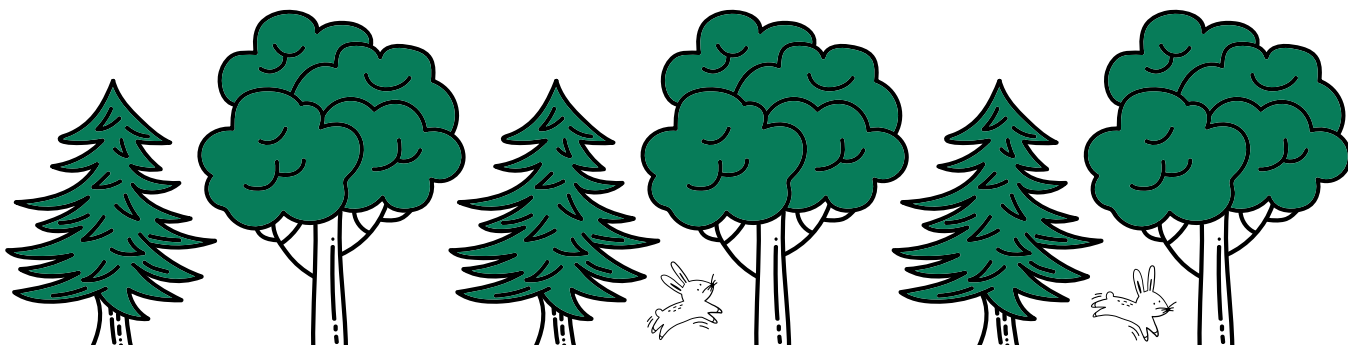
### Children should bring:

- Healthy snacks
- Refillable water bottle
- Hat
- Sunscreen
- Running shoes/athletic sandals
  - No flip flops



If you have any questions, please contact YMCA member services at [kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca) or **613-546-2647**

[eo.ymca.ca/kingston-neighbourhood-parks-program](http://eo.ymca.ca/kingston-neighbourhood-parks-program)



# Adult Fitness Courses

## Personal Trainer Certification

Ages 16+

This course is a mixture of in-person and virtual learning. Participants will have one in-class session followed by two online courses. Participants will then be required to complete 10 hours of shadowing and co-training before completing the practical exam. In this course, participants will learn anatomy, principals of training, leadership, and program planning, as well as steps of personal training and goal setting.

Bring laptop or tablet (if able), water bottle and comfortable clothing.

>> **Members & Non-Members: \$380**

Brockville hybrid course runs  
July 22 - August 19



In-person classes:  
Mondays, July 22/29 & August 5/12 9am - 5pm

# 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 8 weeks  
July 4 - August 29



Thursdays

1 - 2pm

# Pickleball

**Free for members/Members only OR \$15 for Outdoor Court Access Pass holders**

## Introduction 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!

Brockville programs runs 4 weeks  
July 9 - July 30



Tuesdays (weather permitting) 11am - 12pm

## Pickleball Pre-Intermediate

Ages 16+

Perfect if you've tried and enjoyed pickleball but are looking to improve your skills and receive some additional coaching. It's a great opportunity to develop your game and to connect with others that are looking to play this summer.

Brockville programs runs 4 weeks  
July 11 - August 1



Thursdays (weather permitting) 11am - 12pm



# 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 8 weeks   
July 2 - August 22

Tuesdays 10:20 - 11:30am


OR

Thursdays 6 - 7pm

### 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 8 weeks   
July 7 - August 25

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 8 weeks   
July 4 - August 22

Thursdays 7 - 8:30pm



# Facility 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

## Pool Admission Policy

### Ages 0-6 years

- Must be always within arm's reach of an adult (16+)
- Must remain in the shallow end of the lap or leisure/wading pools
- If they pass a swim test, they may swim in deep end, however, they must remain within arm's reach of an adult
- There is a maximum of 2 children for each adult.

### Ages 7-9 years

- Must be supervised by an adult (16+)
- If unable to pass the swim test, they must remain in the shallow end of the lap or leisure/wading pool and be within an arm's reach of an adult. (red bracelet)
- If they pass the swim test, they may swim in the deep end of the pools, however, there must be an adult with them either on deck or in the water. (green bracelet)
- There is a maximum of 4 children for each adult.

### Ages 10-12 years

- Permitted to swim without an adult in the water or on deck.
- If they pass they swim test, they may swim in the deep end (green bracelet)
- If unable to pass the swim test, they must remain in shallow end or in the leisure/wading pool.
- They must wear a PFD unless able to pass the Armpit Test (Kingston only).

### Ages 13+ years

- Permitted to swim unaccompanied.
- Weak or non-swimmers must either stay in the shallow end of lap pool or the leisure/wading pool or must wear a PFD in deep water.
- In Kingston, weak or non-swimmers may wear a PFD in deep water.

Aquatics staff reserve the right to swim test anyone regardless of age, ability, or previous swim test results.

Anyone unable or unwilling to comply with the YMCA of Eastern Ontario admission and swim test policies will not be allowed to access the pool.



View our full policies and standards online at:  
[eo.ymca.ca/policies-and-standards](http://eo.ymca.ca/policies-and-standards)