



December - March

Program Guide

Registration is open.

eo.ymca.ca/onlineregistration



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Online registration is available!

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+
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+
National Lifeguard (Pool) Recert	Ages 16+

Programs

Teen Learn to Swim, 1-5	Ages 13 - 17
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Programs

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Programs

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Teen Night	Ages 13 - 18
Youth Karate	Ages 5+
Youth Fitness	Ages 10 - 13
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Adult Fitness

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Programs

PWR! Moves	Ages 18+
Intro to Pickleball	Ages 16+

Karate

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Vintage Karate for Adults	Ages 16+
Karate - Senior Belts	Ages 16+
Sunday Blackbelt Karate	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

- **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, subject to providing notice by the 15th of the month.

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

- **Rachel Scott, Regional Supervisor, Aquatics**
rachel.scott@eo.ymca.ca

Cancellation and Registration Policies

- Cancellation requests must be submitted in writing at least 5 days before the session starts.
- A participant CANNOT be registered for both a private lesson AND a group lesson in the same session OR be in two group lessons at the same time.
- 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:

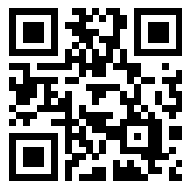
- **Brockville YMCA:**
eo.ymca.ca/brk-reportcard
- **Kingston YMCA:**
eo.ymca.ca/kng-reportcard



Shine On

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

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



eo.ymca.ca/employment

Shine On



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 group fitness classes - get your sweat on with spin or de-stress in yoga.
- Enjoy a superior workout with the latest weights and cardio equipment, now available at our Kingston and Brockville YMCA locations.
- 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.
- Did we mention Aquafit classes??
- Enjoy a game of Pickleball or Basketball at our newly renovated outdoor courts in Brockville.
- Get access to City of Kingston facilities (Artillery Park, Kingston East Community Centre and Invista Centre).
- Get 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.

To book your session,
please contact membership services at

brk.membership@eo.ymca.ca
613-342-7961

kng.membership@eo.ymca.ca
613-546-2647

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





Total Life Care (TLC)

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@eo.ymca.ca

Please 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



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



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 double weekend course runs



Sat/Sun, January 11/12 & 18/19 9am - 3pm

Kingston double weekend course runs



Sat/Sun, January 18/19 & 25/26 9am - 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 or purchase a copy of the Canadian Lifesaving Manual.

>> Members & Non-Members: \$250

Brockville double weekend course runs



Sat/Sun, February 1/2 & 8/9 8am - 4pm

Kingston double weekend course runs



Sat/Sun, February 8/9 & 15/16 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+

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.

Please bring Canadian First Aid Manual.

>> Members & Non-Members: \$140

Brockville weekend course runs



Sat/Sun, January 25/26

8am - 4pm

Kingston weekend course runs



Sat/Sun, February 22/23

9am - 5pm

Lifesaving Society Swim Instructor

Ages 15+

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

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.

Candidates will have the opportunity to complete co-teaches with certified swim instructors as part of their training. As part of the course, candidates are required to complete 12 hours of co-teaches at an approved aquatics facility.

>> Members & Non-Members: \$180

Kingston week day course runs 5 weeks
January 14 - February 11



Tuesdays

4:30 - 8:30pm

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 Canadian First Aid manual and proof of previous certification.

>> Members & Non-Members: \$100

Brockville day course runs



Sunday, January 26

8am - 4pm

Kingston day course runs



Sunday, February 23

9am - 5pm

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.

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.

Please bring or purchase a copy of the Canadian Lifesaving Manual and First Aid Manual.

>> Members & Non-Members: \$340

Brockville double weekend course runs 

Fridays, February 21 & 28 4:30 - 8:30pm
Sat/Sun February 22/23 & March 1/2 8am - 4pm

Kingston double weekend course runs 

Fridays, February 28 & March 7 5 - 8:30pm
Sat/Sun March 1/2 & March 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.


Please bring Canadian Lifesaving Manual, Alert textbook and proof of previous certification.

>> Members & Non-Members: \$100

Brockville day course runs 

Sunday, March 2

8am - 4pm

Kingston day course runs 

Sunday, March 9

9am - 5pm

Learn to Swim Programs

FREE for members.
Non-members: \$175

At the YMCA, our swimming programs cater to all skill levels, helping swimmers gain confidence and improve their abilities in a supportive environment. Our certified instructors focus on essential water safety, stroke development, and endurance, ensuring everyone can progress effectively.

Join us and dive into a journey of swimming excellence, with tailored programs for both teens and adults.

Teen 1 Adult 1

Ages 13-17

Ages 18+

Covers basic water safety skills, breath control, floats, glides, kicking, and basic strokes such as front swim and back swim. This program would best suit individuals who have little to no swimming experience.

Teen 2/3 Adult 2/3

Ages 13-17

Ages 18+

Builds upon an already introduced foundation of basic safety skills and breath control, as well as begin to work on front crawl and back crawl for 25-50 metres. This program would best suit individuals who have completed the Teen 1 or Adult 1 program, or already have a swimming foundation.

Teen 4/5 Adult 4/5

Ages 13-17

Ages 18+

For swimmers who are looking for more of a challenge and to continue to build upon their skills from previous levels. These skills will include safety skills, object recovery, diving, and endurance swim. They will also work on increasing their distance of front crawl, back crawl, elementary back stroke, breaststroke, and sidestroke. This program would best suit individuals who have completed the Teen 3 or Adult 3 program, or already have a strong swimming foundation.

Brockville program runs 9 weeks
 January 7 - March 6



Teen

Tuesdays

7:20 - 7:50pm

Adult

Thursdays

7:20 - 7:50pm

Kingston program runs 8 or 9 weeks
 January 6 - March 8



Teen

Mondays, 8 weeks

7:20 - 7:50pm

OR Saturdays, 9 weeks

12:20 - 12:50pm

Adult

Wednesdays, 9 weeks

7:20 - 7:50pm

OR Saturdays, 9 weeks

12:20 - 12:50pm

Brockville program runs 9 weeks
 January 7 - March 6



Teen

Tuesdays

7:20 - 7:50pm

Adult

Thursdays

7:20 - 7:50pm

Kingston program runs 8 or 9 weeks
 January 6 - March 8



Teen

Mondays, 8 weeks

7:20 - 7:50pm

Adult

Wednesdays, 9 weeks

7:20 - 7:50pm



A Y Penguins YMCA membership required to participate in this program.

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.

Y Penguins Membership:
\$65/month

For more information, please contact
penguins@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.

Kingston programs runs 39 weeks
September 10 - June 19



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.

Kingston programs runs 39 weeks
September 10 - June 19



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.

Kingston programs runs 39 weeks
September 10 - June 19



Tuesdays AND Thursdays

4 - 5pm

Please note: no classes on Dec 24, 26, 31 or Jan 2.

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.

Private lessons are limited to one participant.

Semi-private lessons

- Register for a private lesson first, then contact Aquatics or Membership Services to complete the subsequent registrations.
- Participants should be of similar skill levels.
- Cost is per person.

Member, Private:

8 week, \$184.00 / 9 week, \$207.00

Member, Semi-Private

8 week, \$160.00 / 9 week, \$180.00

Non-Member, Private:

8 week, \$240.00 / 9 week, \$270.00

Non-Member Semi-Private:

8 week, \$216.00 / 9 week, \$243.00

Brockville Private lessons run



Tuesdays, Jan 7 - Mar 4 (9 weeks)

1 lesson slot 7:20-7:50pm

Saturdays, Jan 11 - Mar 8 (9 weeks)

1 lesson slot 10-10:30am

1 lesson slot 10:35-11:05am

1 lesson slot 11:10-11:40am

Kingston Private lessons run



Mondays, Jan 6 - Mar 3 (8 weeks)

1 lesson slot 5-5:30pm

1 lesson slot 6:10-6:40pm

1 lesson slot 7:20-7:50pm

Wednesdays, Jan 8 - Mar 5 (9 weeks)

1 lesson slot 5-5:30pm

1 lesson slot 6:10-6:40pm

Saturdays, Jan 11 - Mar 8 (9 weeks)

3 lesson slots 9:25-9:55am

1 lesson slot 10-10:30am

1 lesson slot 10:35-11:05am

1 lesson slot 11:10-11:40am

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:

rachel.scott@eo.ymca.ca



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

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

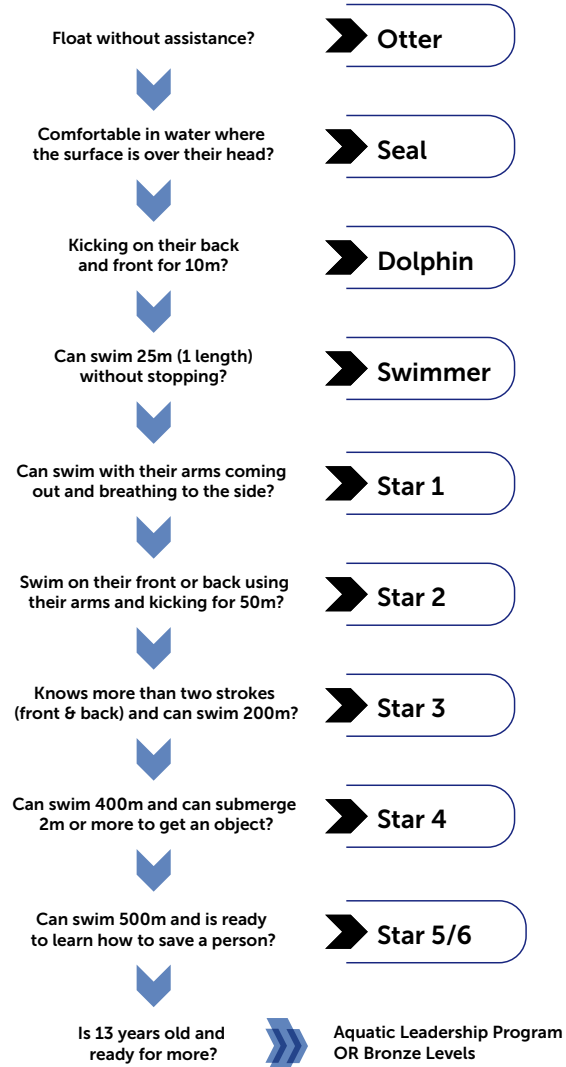
This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

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 OR be in two group lessons at the same time.

Parent & Tot (Ages 6 months-3 years)

Not sure what level? Find your child's latest SwimGen report card.
eo.ymca.ca/brk-reportcard or 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, Jan 7-Mar 4 (9 weeks)

Splasher **OR** Bubbler 4:15-4:45pm

Wednesdays, Jan 8-Mar 5 (9 weeks)

Splasher 10:30-11am

Thursdays, Jan 9-Mar 6 (9 weeks)

Splasher **OR** Bubbler 4:15-4:45pm

Saturdays, Jan 11-Mar 8 (9 weeks)

Splasher **OR** Bubbler 9:15-9:45am

Kingston Parent & Tot lessons run



Mondays, Jan 6-Mar 3 (8 weeks)

Bubbler 5:35-6:05pm

Wednesdays, Jan 8-Mar 5 (9 weeks)

Splasher 5:35-6:05pm

Saturdays, Jan 11-Mar 8 (9 weeks)


Splasher **OR** Bubbler 9:25-9:55am



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 OR be in two group lessons at the same time.

Preschool (Ages 3-5)

Not sure what level? Find your child's latest SwimGen report card. eo.ymca.ca/brk-reportcard or 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, Jan 7-Mar 4 (9 weeks)

Bobber	5-5:30pm 6:10-6:40pm
Floater	5-5:30pm 6:10-6:40pm
Glider/Diver	5-5:30pm 6:10-6:40pm
Surfer/Jumper	5-5:30pm 6:10-6:40pm

Thursdays, Jan 9-Mar 6 (9 weeks)

Bobber	5-5:30pm 6:10-6:40pm
Floater	5-5:30pm 6:10-6:40pm
Glider/Diver	5-5:30pm 6:10-6:40pm
Surfer/Jumper	5-5:30pm 6:10-6:40pm

Saturdays, Jan 11-Mar 8 (9 weeks)

Bobber	10-10:30am 11:10-11:40am
Floater	10-10:30am 11:10-11:40am
Glider/Diver	10-10:30am 11:10-11:40am
Surfer/Jumper	10-10:30am 11:10-11:40am

Kingston Preschool lessons run



Mondays, Jan 6-Mar 3 (8 weeks)


Bobber	5-5:30pm 6:10-6:40pm
Floater	5-5:30pm 6:10-6:40pm
Glider/Diver	5-5:30pm 6:10-6:40pm
Surfer/Jumper	5-5:30pm 6:10-6:40pm

Wednesdays, Jan 8-Mar 5 (9 weeks)

Bobber	5-5:30pm 6:10-6:40pm
Floater	5-5:30pm 6:10-6:40pm
Glider/Diver	5-5:30pm 6:10-6:40pm
Surfer/Jumper	5-5:30pm 6:10-6:40pm

Saturdays, Jan 11-Mar 8 (9 weeks)

Bobber	10-10:30am 11:10-11:40am
Floater	10-10:30am 11:10-11:40am
Glider/Diver	10-10:30am 11:10-11:40am
Surfer/Jumper	10-10:30am 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.

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 OR be in two group lessons at the same time.

Child (Ages 6-12)

Not sure what level? Find your child's latest SwimGen report card.
eo.ymca.ca/brk-reportcard or 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, Jan 7-Mar 4 (9 weeks)

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

Thursdays, Jan 9-Mar 6 (9 weeks)

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

Saturdays, Jan 11-Mar 8 (9 weeks)

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

Kingston Child lessons run



Mondays, Jan 6-Mar 3 (8 weeks)

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

Wednesdays, Jan 8-Mar 5 (9 weeks)

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

Saturdays, Jan 11-Mar 8 (9 weeks)


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

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 OR be in two group lessons at the same time.

Child (Ages 6-12) continued

Not sure what level? Find your child's latest SwimGen report card. eo.ymca.ca/brk-reportcard or 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, Jan 7-Mar 4 (9 weeks)

Star 2 5:35-6:05pm | 6:45-7:15pm

Star 3/4 6:45-7:15pm

Star 5/6 7:20-7:50pm

Thursdays, Jan 9-Mar 6 (9 weeks)

Star 2 5:35-6:05pm | 6:45-7:15pm

Star 3/4 6:45-7:15pm

Star 5/6 7:20-7:50pm

Saturdays, Jan 11-Mar 8 (9 weeks)

Star 2 10:35-11:05am | 11:45am-12:15pm

Star 3/4 11:45am-12:15pm

Kingston Child lessons run

Mondays, Jan 6-Mar 3 (8 weeks)

Star 2 5:35-6:05pm | 6:45-7:15pm

Star 3/4 6:45-7:15pm

Star 5/6 7:20-7:50pm

Wednesdays, Jan 8-Mar 5 (9 weeks)

Star 2 5:35-6:05pm | 6:45-7:15pm

Star 3/4 6:45-7:15pm


Star 5/6 7:20-7:50pm

Saturdays, Jan 11-Mar 8 (9 weeks)

Star 2 10:35-11:05am | 11:45am-12:15pm

Star 3/4 11:45am-12:15pm

Star 5/6 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.

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:** \$65 **Non-Members:** \$80

Brockville course runs



Tuesday, March 11

9am - 5pm

Kingston course runs



Monday, March 31

9am - 5pm

Youth Fitness Orientation

Ages 10-12

This day course helps youth feel confident and ready to use the fitness centre on their own. Participants will learn how to use the equipment safely, practice proper techniques, and understand fitness centre etiquette.

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

Brockville day course runs



Mondays (choose one)

4 - 5pm

Jan 6, 13, 20, 27 & Feb 3, 10, 24 & Mar 3, 10

Kingston day course runs



Mondays (choose one)

4 - 5pm

Jan 6, 13, 20, 27 & Feb 3, 10, 24 & Mar 3, 10

Camps

PA Day Variety Camp

Ages 6-9

Campers will enjoy a creative, activity-filled day with a program consisting of games, sports, swimming, arts and crafts.

>> **Members & Non-Members:** \$45

Brockville camp runs



Friday, January 31

9am - 4pm

Kingston camps run



Friday, January 31

9am - 4pm

Monday, March 31

9am - 4pm

Before- and after-care available from 7:30-9am and 4-5:30pm at no extra cost



Youth Recreation Programs

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

Indoor Soccer

Ages 7 - 13

All skill levels welcome. The program will include skill building activities as well as games. Join us to develop your soccer skills and to make some new friends.

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

Brockville program runs 9 weeks
January 6 - March 3



Mondays (ages 7 - 9) 5:30 - 6:15pm
Mondays (ages 10 - 13) 6:30 - 7:30pm

NEW



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 program runs 14 weeks
January 11 - March 8



Saturdays 12:45 - 2pm

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 program runs 9 weeks
January 6 - March 6



Monday - Thursday 2:30 - 6:30pm

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



May Court Club of Brockville



United Way Leeds & Grenville



Teen Night

Ages 13-18

Youth are encouraged to join us for a safe and inclusive space to hang out, enjoy pool and gym access, instruments from Aaron's Musical Instrument Lending Library, free wi-fi, snacks and more.

>> **FREE for all!** Drop-in

Brockville program runs 8 weeks
January 10 - February 28



Fridays 7 - 11pm

Funded by May Court Club of Brockville and United Way Leeds & Grenville



May Court Club of Brockville



United Way Leeds & Grenville

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

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 program runs 9 weeks
January 7 - March 6**



Tuesdays (Beginners) 6 - 6:35pm
OR Thursdays (Advanced, 6 - 6:35pm
Yellow belts with white stripe & above)

Tuesdays **AND** Thursdays (ages 10+)
Junior belts, White to Green belt 6:35 - 7:20pm
Senior Belts, Green to Black belt 7:25 - 8pm

NEW

**Kingston program runs 9 weeks
January 8 - March 8**



Wednesdays (ages 6 - 9) 6:30 - 7:05pm
OR Saturdays (ages 6 - 9) 11:30am - 12:05pm

Wednesdays (ages 10+) 7:10 - 8:10pm
AND Saturdays (ages 10+) 12:10 - 1:10pm

Made possible by



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

Youth Fitness

Ages 10-13

Physical activity benefits both body and mind. This program teaches youth agility, balance, and physical literacy, along with proper body mechanics and fitness centre etiquette. Staying active supports mental health, sleep, and builds strong bones and muscles.

>> Free for members/Members only

**YMCA program runs 9 weeks
January 10 - March 7**



Fridays (Brockville) 4:30 - 5:30pm
Fridays (Kingston) 5:30 - 6:30pm

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 program runs 9 weeks
January 11 - March 8**



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

**Kingston program runs 9 weeks
January 11 - March 8**



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

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 program runs 9 weeks
January 11 - March 8**



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

**Kingston program runs 9 weeks
January 7 - March 4**



Tuesdays (Ages 6-8) 6:30 - 7pm



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

Work Hard, Eat Well

>> FREE for all!

This popular and dynamic program will have youth participating in all sorts of fun, fitness games and team building activities!

Youth will develop their social skills, strength and cardio endurance, along with their balance and coordination.

In addition to the fun activities, participants will enjoy a healthy meal and be introduced to some new and nutritious food options.



For registration forms or any questions regarding the Brockville program, contact Tari at tari.pyke@eo.ymca.ca

Brockville programs runs 9 weeks Ages 6 - 12
January 8 - March 5

Registration required

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



For any questions regarding the Kingston program, contact Mikaela at mikaela.mantha@eo.ymca.ca

Kingston programs runs 9 weeks Ages 9 - 14
January 6 - March 7

Drop-in

Mondays **AND** Fridays 4:30 - 7:30pm

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 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 program runs 9 weeks
January 8 - March 5



Wednesdays

6:45 - 7:45pm

Youth Volleyball

Ages 7 - 13

This program is for players of all skill levels and focuses on developing fundamental skills, sportsmanship, and a love of the game!

>> Free for members/Members only

Kingston programs runs 9 weeks
January 12 - March 9



Sundays (ages 7 - 9)

9:30 - 10:15am

Sundays (ages 10 - 13)

10:30 - 11:30am

NEW

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 program runs 9 weeks
January 7 - March 4



Tuesdays (ages 6-8)

5:45 - 6:15pm

Tuesdays (ages 9-12)

7:15 - 8pm

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 program runs 9 weeks
January 11 - March 8



Saturdays, beginner

10 - 11am

Saturdays, advanced

11am - 12pm



Adult Fitness Programs



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

No programming on statutory holidays.

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 program runs 10 weeks
January 9 - March 13



Thursdays

1 - 2pm

Intro to Pickleball

Ages 16+

Want to try pickleball? 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.

>> Free for members/Members only

Brockville program runs 9 weeks
January 7 - March 6



Tuesdays

11:30am - 12:30pm

OR

Thursdays

11:30am - 12:30pm

Vintage Karate for Adults

Ages 16+

This program is geared towards adults who are interested in learning karate. The workouts and techniques are tailored for mature adults.

>> Free for members/Members only

Brockville program runs 9 weeks
January 7 - March 6



Tuesdays

10:20 - 11:30am

OR

Thursdays

6 - 7:20pm

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 program runs 9 weeks
January 7 - March 6



Tuesdays AND Thursdays

7:25 - 8pm

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 program runs 9 weeks
January 12 - March 9



Sundays

9 - 10:30am



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
0-6	Within arm's reach of an adult	Within arm's reach of an adult	No	No access	No access	No access
7-9	Supervised by an adult	Supervised by an adult	Yes	No access	No access	Supervised by an adult
10-12	ACCESS	ACCESS *swim test required	Yes	ACCESS *orientation required	Access for cardio-based classes only	ACCESS
13+	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.

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