



January – April Program Guide

Registration is open!
eo.ymca.ca/onlineregistration



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Registration opens
December 16 at 8am

eo.ymca.ca/onlineregistration

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

Where there's a will **there's a Y**

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.

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

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

Kingston

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

Kingston East Community Centre

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

Important Information

YMCA Programming (Incl. Aquatics)

Updating Your Membership

If your family's needs change, we're here to support you.

- Requests to hold, cancel, or modify your membership must be submitted in writing by the 15th of the month.

Attendance, Registration & Cancellations

Your child's participation helps keep programs running smoothly.

- Please let us know if your child will miss a class.
- If your child misses three classes in a row without notice, their spot may be offered to someone on the waitlist.
- To receive a refund, cancellation requests must be submitted in writing at least five business days before the program start date. A \$20 cancellation fee applies.
- No refunds can be issued after the program begins or for late requests.

Facility Access & Child Safety

Your child's safety is our priority.

- All visitors must sign in at Member Services and show photo ID.
- Children under 10 must be accompanied by a parent or guardian who is 16 or older.

Questions? We're here to help.

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

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

Looking to register?

For instructions on how to set up your online account and to register for a program, visit:



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

To log in to the registration portal, visit:



yeo.my.site.com

Aquatics Programming

To help every swimmer shine, all lesson participants must:

- Have an active YMCA membership.
- Be fully registered before the session begins.
- Register for one swim lesson at a time.
- Join the waitlist if your preferred class is full — this does not guarantee a spot, but we will contact you if one becomes available.

Participants may be removed from a lesson if:

- They switch to a different day or time.
- They withdraw from the program.
- Their YMCA membership becomes inactive.
- They miss three consecutive lessons without notice.

Additional Support Needs

- We want every child to feel confident and supported in the water.
- If your child requires additional support, please connect with us before registering so we can plan together.
- Participants with serious medical conditions must be accompanied by someone aware of their condition, and aquatics staff must be informed.

Private Swim Lessons

- Looking for a lesson that isn't listed? We offer a range of private lesson options.
- Please contact your local Aquatics Supervisor to explore what's available.

Finding the Right Swim Level

We're here to help you choose the best place to start.

Check your child's SwimGen report card:

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

Need more guidance? Call us to arrange a brief in-water skill screening during a public swim.

Aquatics Contacts

Megan Henry, Team Lead, Aquatics – Kingston
megan.henry@eo.ymca.ca

Thomas MacMillan,
Aquatics Supervisor – Brockville, Prescott, St. Lawrence Park
thomas.macmillan@eo.ymca.ca



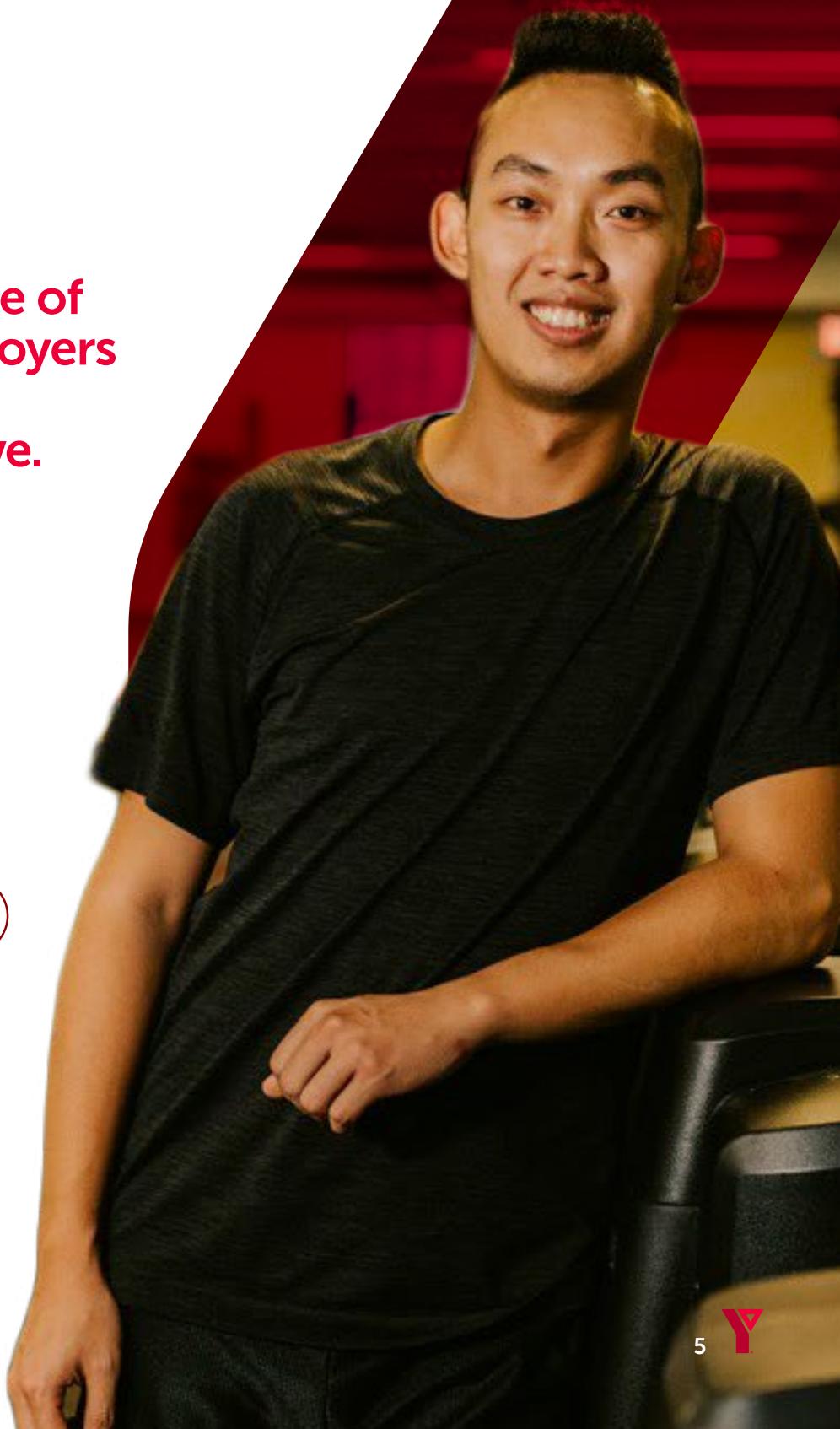
Shine On



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

**Youth Programs
Instructors
Fitness Instructors
Lifeguards
Child Care Educators
Cleaners
And more!**

eo.ymca.ca/employment



Membership **Benefits**

A YMCA of Eastern Ontario membership gives many ways to feel your best.

Your membership includes all-inclusive access to our facilities and non-registered programs – plus the support of a caring community that's here to help you shine.

Your membership includes:

- Free one-on-one orientations for cardio and strength training
- Group fitness classes – energize with spin, build strength, or unwind with yoga
- Modern fitness centres with the latest weights and cardio equipment in Kingston and Brockville
- Squash bookings at Kingston YMCA – reserve a court up to seven days in advance
- Lane swimming, recreation swims, and leisure swims in our pools
- Aquafit classes
- Pickleball and basketball at our newly renovated outdoor courts in Brockville
- Access to City of Kingston facilities (Artillery Park, Kingston East Community Centre, Invista Centre)
- Member access to YMCAs across North America and around the world

Some conditions apply.



If you'd like to learn more about becoming a member, our team is always happy to support you.

In Brockville:

613-342-7961

brk.membership@eo.ymca.ca

In Kingston:

613-546-2647

kng.membership@eo.ymca.ca

Bring a friend

Sharing the Y makes every visit brighter.

Your membership includes unlimited guest passes, so you can bring someone with you to experience the Y.

Some conditions apply.

Youth membership

Youth memberships are fully all-inclusive.

Along with full facility access, youth receive swimming lessons, recreation programs, and sports activities – all designed to help young people build confidence, skills, and belonging.

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,
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
cassandra.leduc@eo.ymca.ca

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

Financial Assistance Program

Our Financial Assistance Program ensures cost is never a barrier to membership or camps. Funded by community support, it provides reduced fees for those in need.

To apply, fill out the form on our Get Involved page and bring it to your local branch or contact Membership Services.



Advanced Courses

Participants should bring a pen and paper and proof of prerequisites. Manuals will be provided at the first class.

Bronze Medallion with Emergency First Aid & CPR-B

Aquatics • Lifeguarding

Course

⌚ Ages 13+ \$ \$230 + HST

ⓘ Introductory lifesaving course teaching water rescue skills, physical fitness, and judgment, combined with Emergency First Aid and CPR-B.

Prerequisite: 13+ years of age or hold Bronze Star certification.

AVAILABLE SESSIONS

📍 Brockville • ⌚ Ages 13+ 1 session

📅 Jan 10 – Jan 18 • Double Weekend Course

Sat–Sun Jan 10–11 & Jan 17–18 • 8:00 AM–4:00 PM 58411

📍 Kingston • ⌚ Ages 13+ 1 session

📅 Jan 12 – Mar 9 • Weekday Course

Mon Jan 12–Mar 9 (no class Feb 16) • 6:00–8:30 PM 58520

Bronze Cross

Aquatics • Lifeguarding

Course

⌚ Ages 13+ \$ \$230 + HST

ⓘ Bronze Cross extends lifesaving skills and fitness and is a prerequisite for National Lifeguard certification.

Prerequisite: Bronze Medallion and Emergency First Aid or Standard First Aid.

AVAILABLE SESSIONS

📍 Brockville • ⌚ Ages 13+ 1 session

📅 Jan 31 – Feb 8 • Double Weekend Course

Sat–Sun Jan 31–Feb 1 & Feb 7–8 • 8:00 AM–4:00 PM 58412

📍 Kingston • ⌚ Ages 13+ 2 sessions

📅 Jan 17 – Feb 1 • Double Weekend Course

Sat–Sun Jan 17–18 & Jan 31–Feb 1 • 9:00 AM–5:00 PM 58521

Mon–Wed Mar 16–18 • 9:00 AM–6:30 PM 58522

Advanced Courses

Participants should bring a pen and paper and proof of prerequisites. Manuals will be provided at the first class.

National Lifeguard (Pool)

Aquatics • Lifeguarding

Course

👤 Ages 15+ \$ \$340 + HST

ⓘ National Lifeguard Pool certification course preparing candidates with the skills, knowledge, and judgment to work as professional lifeguards.

Prerequisite: 15+ years of age and hold Bronze Cross and Standard First Aid certifications.

AVAILABLE SESSIONS

📍 Brockville • 🚪 Ages 15+	1 session
📅 Feb 27 – Mar 8 • Double Weekend Course	
Fri Feb 27, Fri Mar 6 • 5:00–8:00 PM	
Sat–Sun Feb 28 – Mar 1, Sat–Sun Mar 7–8 • 8:00 AM–4:00 PM	58413

📍 Kingston • 🚪 Ages 15+	2 sessions
📅 Feb 13 – Feb 29 • Double Weekend Course	
Fri Feb 13, Feb 27 • 4:30–8:30 PM	
Sat–Sun Feb 14–15, Feb 28 – Mar 1 • 9:00 AM–5:00 PM	58523
Fri Mar 13, Mar 27 • 4:30–8:30 PM	
Sat–Sun Mar 14–15, Mar 28–29 • 9:00 AM–5:00 PM	58524

National Lifeguard (Pool) – Recertification

Aquatics • Lifeguarding

Course

👤 Ages 16+ \$ \$100 + HST

ⓘ National Lifeguard Pool recertification to update skills, knowledge, and judgment for working lifeguards.

Prerequisite: previously held National Lifeguard (Pool) certification.

AVAILABLE SESSIONS

📍 Brockville • 🚪 Ages 16+	1 session
📅 Mar 8 • Day Course	
Sun Mar 8 • 11:00 AM–4:00 PM	58414

📍 Kingston • 🚪 Ages 16+	2 sessions
📅 Mar 1 – 29 • Day Course	
Sun Mar 1 • 12:00–5:00 PM	58525
Sun Mar 29 • 12:00–5:00 PM	58526

Lifesaving Society Swim Instructor

Aquatics • Lifeguarding

Course

👤 Ages 15+ \$ \$180 + HST

ⓘ Lifesaving Society Swim Instructor course preparing candidates to plan, teach, and evaluate swimming and lifesaving lessons.

Prerequisite: 15+ years of age and hold Bronze Cross certification.

AVAILABLE SESSIONS

📍 Brockville • 🚪 Ages 15+	1 session
📅 Mar 27 – Mar 29 • Weekend Course	
Fri Mar 27 • 3:30–8:00 PM	
Sat–Sun Mar 28–29 • 8:00 AM–4:00 PM	

📍 Kingston • 🚪 Ages 15+	1 session
📅 Jan 8 – Feb 12 • Weekday Course	
Thu • 5:00–8:30 PM	58527

Y Penguins **Swim Club**

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 more information, please contact
penguins@eo.ymca.ca

Penguins SKILLS

Aquatics • Adapted Aquatics

Program

♂ Ages 8–12 \$ \$424

ⓘ Specialized program for kids with physical disabilities to begin developing swimming strokes and basic skills in a competitive swimming environment.

YMCA membership required.

AVAILABLE SESSIONS

📍 Kingston • ♂ Ages 8–12 1 session

📅 Sep – Jun

Tue & Thu • 5:00–5:45 PM

Penguins SPLASH

Aquatics • Adapted Aquatics

Program

♂ Ages 6–10 \$ \$318

ⓘ Specialized learn-to-swim program for kids with physical disabilities to build comfort in the water and develop skills like floats, glides, and front and back propulsion.

YMCA membership required.

AVAILABLE SESSIONS

📍 Kingston • ♂ Ages 6–10 1 session

📅 Sep – Jun

Tue & Thu • 5:00–5:45 PM

Penguins RACE

Aquatics • Adapted Aquatics

Program

♂ Ages 10–14 \$ \$424

ⓘ Specialized swim program for kids with physical disabilities focusing on a basic training environment, simple workouts, and continued skill development.

YMCA membership required.

AVAILABLE SESSIONS

📍 Kingston • ♂ Ages 10–14 1 session

📅 Sep – Jun

Tue & Thu • 4:00–5:00 PM

Aquatics

Where to Start with YMCA Swim Lessons

Taught by certified 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?

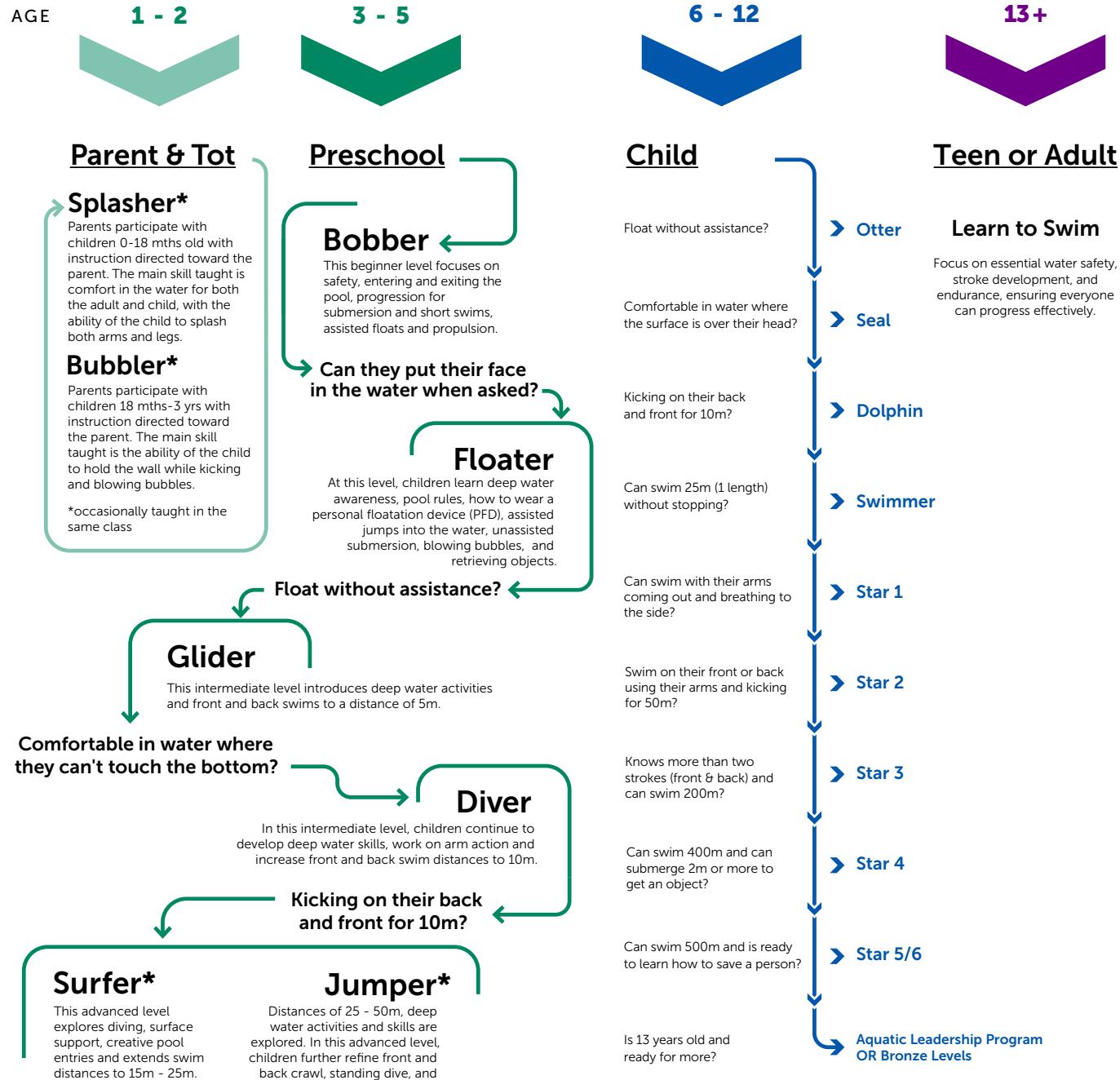
Use our Equivalency Chart to match their level with the equivalent YMCA level.

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



*taught in the same class.

Parent & Tot **Swim lessons**

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.

Splasher

Aquatics • Parent & Tot Swim Lesson

Lesson

👤 6-18 months

💲 Free for members
(members only)

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • 🚪 6-18 months

📅 11 weeks: Jan 6 – Mar 21

4 sessions

Tue • 4:15–4:45 PM

58417

Wed • 10:30–11:00 AM

58444

Thu • 4:15–4:45 PM

58446

Sat • 9:15–9:45 AM

58473

📍 Kingston • 🚪 6-18 months

📅 11 weeks: Jan 5 – Mar 22

4 sessions

SESSION REMOVED

Thu • 10:30–11:00 AM

58593

Sat • 9:00–9:30 AM

58595

Sun • 9:40–10:10 AM

58623

Bubbler

Aquatics • Parent & Tot Swim Lesson

Lesson

👤 18 months-3 years

💲 Free for members
(members only)

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • 🚪 18 months-3 years

4 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 4:15–4:45 PM

58418

Wed • 10:30–11:00 AM

58445

Thu • 4:15–4:45 PM

58447

Sat • 9:15–9:45 AM

58474

📍 Kingston • 🚪 18 months-3 years

4 sessions

📅 11 weeks: Jan 5 – Mar 22

SESSION REMOVED

Wed • 4:50–5:20 PM

58564

Thu • 10:00–10:30 AM

58591

Sat • 9:35–10:05 AM

58599

Preschool **Swim lessons**

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.

Bobber+

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

(\$) Free for members
(members only)

ⓘ Caregiver assists child with introduction to swimming. This level has the same content as the first preschool level Bobber, the difference is caregivers are in-water providing hands on assistance. Instruction covers skills such as entering and exiting the pool, progression for submersion, front and back floats, glides, kicking and water safety.

AVAILABLE SESSIONS

📍 Kingston • 🧑 3-5 years

2 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:25–5:55 PM

58539

Sat • 10:45–11:15 AM

58604

Preschool **Swim lessons**

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.

Bobber

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

\$ Free for members
(members only)

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • 🚧 3-5 years

7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM

58419

Tue • 5:35–6:05 PM

58427

Tue • 6:10–6:40 PM

58429

Thu • 5:35–6:05 PM

58453

Thu • 6:45–7:15 PM

58463

Sat • 10:00–10:30 AM

58475

Sat • 11:10–11:40 AM

58485

📍 Kingston • 🚧 3-5 years

7 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 4:50–5:20 PM

58532

Mon • 6:00–6:30 PM

58544

Wed • 4:50–5:20 PM

58562

Wed • 6:00–6:30 PM

58574

Sat • 9:35–10:05 AM

58598

Sat • 11:20–11:50 AM

58612

Sun • 10:15–10:45 AM

58629

Floater

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

\$ Free for members
(members only)

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

AVAILABLE SESSIONS

📍 Brockville • 🚧 3-5 years

7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM

58420

Tue • 6:10–6:40 PM

58430

Thu • 5:00–5:30 PM

58451

Thu • 5:35–6:05 PM

58454

Thu • 6:45–7:15 PM

58464

Sat • 10:35–11:05 AM

58483

Sat • 11:10–11:40 AM

58486

📍 Kingston • 🚧 3-5 years

8 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:25–5:55 PM

58538

Mon • 6:00–6:30 PM

58545

Wed • 5:25–5:55 PM

58568

Wed • 6:00–6:30 PM

58575

Sat • 10:10–10:40 AM

58602

Sat • 10:45–11:15 AM

58606

Sat • 11:20–11:50 AM

58613

Sun • 10:50–11:20 AM

58634

Preschool **Swim lessons**

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.

Glider

Aquatics • Preschool Swim Lesson

Lesson

⌚ 3-5 years

\$ Free for members
(members only)

ⓘ Child is comfortable beginning the transition from shallow to deep water (water is over their head when touching bottom) 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.

AVAILABLE SESSIONS

📍 Brockville • ⌚ 3-5 years

7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM

58426

Tue • 6:45–7:15 PM

58436

Thu • 5:00–5:30 PM

58450

Thu • 6:10–6:40 PM

58460

Sat • 10:00–10:30 AM

58476

Sat • 10:35–11:05 AM

58482

Sat • 11:45–12:15 PM

58492

📍 Kingston • ⌚ 3-5 years

6 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 4:50–5:20 PM

58534

Mon • 6:35–7:05 PM

58550

Wed • 6:00–6:30 PM

58576

Wed • 6:35–7:05 PM

58581

Sat • 10:10–10:40 AM

58603

Sat • 10:45–11:15 AM

58605

Surfer

Aquatics • Preschool Swim Lesson

Lesson

⌚ 3-5 years

\$ Free for members
(members only)

ⓘ Child explores diving, surface support, creative pool entries and extends swim front and back distances to 15m. Instruction covers skills such as retrieving objects from deep water.

AVAILABLE SESSIONS

📍 Brockville • ⌚ 3-5 years

3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 6:45–7:15 PM

58437

Thu • 6:10–6:40 PM

58461

Sat • 11:45–12:15 PM

58493

📍 Kingston • ⌚ 3-5 years

4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:35–6:05 PM

58543

Wed • 5:00–5:30 PM

58567

Sat • 10:30–11:00 AM

58607

Sat • 12:30–1:00 PM

58620

Preschool **Swim lessons**

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.

Diver

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

\$ Free for members
(members only)

ⓘ Child is getting comfortable in deep water. Instruction covers skills such as side-to-side rolls, work on arm action and increasing front and back swim distances to 10m.

AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years

📅 11 weeks: Jan 6 – Mar 21

7 sessions

Tue • 5:35–6:05 PM

58426

Tue • 6:45–7:15 PM

58436

Thu • 5:00–5:30 PM

58450

Thu • 6:10–6:40 PM

58460

Sat • 10:00–10:30 AM

58476

Sat • 10:35–11:05 AM

58482

Sat • 11:45–12:15 PM

58492

📍 Kingston • 👤 3-5 years

📅 11 weeks: Jan 5 – Mar 23

4 sessions

Mon • 5:35–6:05 PM

58543

Wed • 5:00–5:30 PM

58567

Sat • 10:30–11:00 AM

58607

Sat • 12:30–1:00 PM

58620

Jumper

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

\$ Free for members
(members only)

ⓘ Child further refines front and back swim to 25m and continues deep water activities. Instruction covers skills such as front and back crawl, standing dive and surface support for 45 seconds.

AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years

📅 11 weeks: Jan 6 – Mar 21

3 sessions

Tue • 6:45–7:15 PM

58437

Thu • 6:10–6:40 PM

58461

Sat • 11:45–12:15 PM

58493

📍 Kingston • 👤 3-5 years

2 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM

58537

Sat • 11:05–11:35 AM

58610

Child **Swim lessons**

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.

Otter

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Children learn to glide without assistance. Instruction covers skills such as submersion, unassisted front and back glides, and jumps into chest-deep water from a standing position.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

📅 11 weeks: Jan 6 – Mar 21

6 sessions

Tue • 5:35–6:05 PM

58424

Tue • 6:45–7:15 PM

58434

Thu • 5:00–5:30 PM

58448

Thu • 6:10–6:40 PM

58458

Sat • 10:35–11:05 AM

58480

Sat • 11:45–12:15 PM

58490

📍 Kingston • 👤 6-12 years

📅 11 weeks: Jan 5 – Mar 23

7 sessions

Mon • 4:50–5:20 PM

58533

Mon • 6:35–7:05 PM

58551

Wed • 5:25–5:55 PM

58570

Wed • 6:35–7:05 PM

58580

Sat • 9:00–9:30 AM

58596

Sat • 10:10–10:40 AM

58601

Sun • 11:25–11:55 AM

58639

Seal

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Child is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide 5m on their back.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

📅 11 weeks: Jan 6 – Mar 21

6 sessions

Tue • 5:35–6:05 PM

58425

Tue • 6:45–7:15 PM

58435

Thu • 5:00–5:30 PM

58449

Thu • 6:10–6:40 PM

58459

Sat • 10:35–11:05 AM

58481

Sat • 11:45–12:15 PM

58491

📍 Kingston • 👤 6-12 years

📅 11 weeks: Jan 5 – Mar 23

4 sessions

Mon • 5:35–6:05 PM

58542

Wed • 5:00–5:30 PM

58566

Wed • 5:35–6:05 PM

58571

Sat • 11:20–11:50 AM

58615

Child **Swim lessons**

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.

Dolphin

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Child spends more time in deep water and works to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds, front glide with kick.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

📅 11 weeks: Jan 6 – Mar 21

6 sessions

Tue • 5:35–6:05 PM

58425

Tue • 6:45–7:15 PM

58435

Thu • 5:00–5:30 PM

58449

Thu • 6:10–6:40 PM

58459

Sat • 10:35–11:05 AM

58481

Sat • 11:45–12:15 PM

58491

📍 Kingston • 👤 6-12 years

📅 11 weeks: Jan 5 – Mar 23

3 sessions

Mon • 5:35–6:05 PM

58541

Wed • 6:10–6:40 PM

58577

Sat • 11:55–12:25 PM

58617

Swimmer

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

📅 11 weeks: Jan 9 – Mar 21

6 sessions

Tue • 5:00–5:30 PM

58421

Tue • 6:10–6:40 PM

58431

Thu • 5:35–6:05 PM

58455

Thu • 6:45–7:15 PM

58465

Sat • 10:00–10:30 AM

58477

Sat • 11:10–11:40 AM

58487

📍 Kingston • 👤 6-12 years

📅 11 weeks: Jan 5 – Mar 23

4 sessions

Mon • 5:00–5:30 PM

58536

Mon • 6:10–6:40 PM

58547

Wed • 6:10–6:40 PM

58578

Sat • 10:30–11:00 AM

58609

Child **Swim lessons**

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.

Star 1

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Participant works on endurance to complete a 75m swim. Instruction covers skills such as enhancing front crawl to initial standard and back crawl to initial standard, introduction of elementary breaststroke, swimming on back for 25m and treading water for 2 minutes.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM

58422

Tue • 6:10–6:40 PM

58432

Thu • 5:35–6:05 PM

58456

Thu • 6:45–7:15 PM

58466

Sat • 10:00–10:30 AM

58478

Sat • 11:10–11:40 AM

58488

📍 Kingston • 👤 6-12 years

4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM

58535

Mon • 6:10–6:40 PM

58548

Wed • 5:35–6:05 PM

58573

Sat • 12:30–1:00 PM

58619

Star 2

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM

58422

Tue • 6:10–6:40 PM

58432

Thu • 5:35–6:05 PM

58456

Thu • 6:45–7:15 PM

58466

Sat • 10:00–10:30 AM

58478

Sat • 11:10–11:40 AM

58488

📍 Kingston • 👤 6-12 years

4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM

58535

Mon • 6:10–6:40 PM

58548

Wed • 5:00–5:30 PM

58565

Sat • 12:30–1:00 PM

58619

Child **Swim lessons**

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.

Star 3

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Participant continues to practice back crawl advanced standard 500m, elementary backstroke intermediate standard 25m and breaststroke initial standard 50m. Instruction covers skills such as eggbeater surface support, 200m swim, and starting the Lifesaving Society's Canadian Swim Patrol curriculum.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–8:05 PM

58442

Thu • 7:20–8:05 PM

58471

Sat • 11:45–12:30 PM

58494

📍 Kingston • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM

58553

Wed • 6:45–7:30 PM

58584

Sat • 10:30–11:15 AM

58608

Star 4

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Participant builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke advanced standard 50m.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–8:05 PM

58442

Thu • 7:20–8:05 PM

58471

Sat • 11:45–12:30 PM

58494

📍 Kingston • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM

58553

Wed • 6:45–7:30 PM

58584

Sat • 11:05–11:50 AM

58611

Child **Swim lessons**

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.

Star 5

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

ⓘ Participant works on increasing endurance to complete a 500m swim, swims 200m in 6 minutes, as well as front and back crawl and breaststroke of 75m each. Instruction covers skills such as sidestroke intermediate standard 25m, breaststroke advanced standard 25m, butterfly initial standard 15m, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid, and 5lb object support for 1 minute.

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

2 sessions

📅 11 weeks: Jan 6 – Mar 19

Tue • 7:20–8:05 PM

58443

Thu • 7:20–8:05 PM

58472

📍 Kingston • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM

58554

Wed • 6:45–7:30 PM

58585

Sat • 12:15–1:00 PM

58621

Star 6

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💲 Free for members
(members only)

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

AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years

2 sessions

📅 11 weeks: Jan 6 – Mar 19

Tue • 7:20–8:05 PM

58443

Thu • 7:20–8:05 PM

58472

📍 Kingston • 👤 6-12 years

3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM

58554

Wed • 6:45–7:30 PM

58585

Sat • 12:15–1:00 PM

58621

Teen **Swim lessons**

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.

Teen 1

Aquatics • Teen/Adult Swim Lesson

Lesson

⌚ Ages 12–17

⌚ Free for members / \$175 +
\$ HST non-members

ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • ⌚ 12-17 years

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

1 session

58439

📍 Kingston • ⌚ 13-17 years

📅 11 weeks: Jan 10 – Mar 21

Sat • 11:20–11:50 AM

2 sessions

58614

Sun • 10:50–11:20 AM

58633

Teen 2/3

Aquatics • Teen/Adult Swim Lesson

Lesson

⌚ 12-17 years

⌚ Free for members / \$175 +
\$ HST non-members

ⓘ 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 program, or already have a swimming foundation.

AVAILABLE SESSIONS

📍 Brockville • ⌚ 12-17 years

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

1 session

58440

📍 Kingston • ⌚ 12-17 years

📅 11 weeks: Jan 11 – Mar 22

Sun • 10:50–11:20 AM

1 session

58636

Teen 4/5

Aquatics • Teen/Adult Swim Lesson

Lesson

⌚ 12-17 years

⌚ Free for members / \$175 +
\$ HST non-members

ⓘ Continues to build endurance and develop proficient front and back crawl, elementary backstroke and breaststroke skills. This program would best suit individuals who have completed the Teen 2/3 program.

AVAILABLE SESSIONS

📍 Brockville • ⌚ 12-17 years

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

1 session

58441

📍 Kingston • ⌚ 12-17 years

📅 11 weeks: Jan 11 – Mar 22

Sun • 11:25–11:55 AM

1 session

58641

Adult Swim lessons

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.

Adult 1

Aquatics • Teen/Adult Swim Lesson

Lesson

♂ 18+ years

\$ Free for members / \$175 +
HST non-members

- ⓘ 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.

AVAILABLE SESSIONS

📍 Brockville • ♂ 18+ years

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM

1 session

58468

📍 Kingston • ♂ 18+ years

📅 11 weeks: Jan 5 – Mar 23

Mon • 7:10–7:40 PM

3 sessions

58557

Wed • 7:10–7:40 PM

58586

Sun • 11:25–11:55 AM

58638

Adult 2/3

Aquatics • Teen/Adult Swim Lesson

Lesson

♂ 18+ years

\$ Free for members / \$175 +
HST non-members

- ⓘ 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 Adult 1 program, or already have a swimming foundation.

AVAILABLE SESSIONS

📍 Brockville • ♂ 18+ years

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM

1 session

58469

📍 Kingston • ♂ 18+ years

📅 11 weeks: Jan 7 – Mar 22

Wed • 7:35–8:05 PM

2 sessions

58589

Sun • 9:40–10:10 AM

58626

Adult 4/5

Aquatics • Teen/Adult Swim Lesson

Lesson

♂ 18+ years

\$ Free for members / \$175 +
HST non-members

- ⓘ Continues to build endurance and develop proficient front and back crawl, elementary backstroke and breaststroke skills. This program would best suit individuals who have completed the Adult 2/3 program.

AVAILABLE SESSIONS

📍 Brockville • ♂ 18+ years

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM

1 session

58470

📍 Kingston • ♂ 18+ years

📅 11 weeks: Jan 7 – Mar 18

Wed • 7:35–8:05 PM

2 sessions

58590

Sun • 10:15–10:45 AM

58631

Private Swim Lessons

Participants cannot be registered in more than one lesson per season.

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 swimmer.

Member Rates

Private: \$253

Semi-Private: \$220/swimmer

Non-Member Rates

Private: \$330

Semi-Private: \$297/swimmer

Y-CLUSIVE

An inclusive one-on-one swim lesson program geared towards children and youth with behavioural or learning limitations or difficulties. 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, contact your aquatics supervisor (See pg 4)

Private Swim Lessons

Aquatics • Private Lesson

Lesson

♂ Ages 3+

\$ See Rates

ⓘ One-on-one or semi-private swim instruction tailored to individual needs and skill levels. Multiple time slots available throughout the week.

AVAILABLE SESSIONS

📍 Brockville • ♂ Ages 3+

4 sessions

📅 11 weeks: Jan 8 – Mar 19

Thu • 5:00–5:30 PM • Lap Pool

58452

Thu • 5:35–6:05 PM • Lap Pool

58457

Thu • 6:10–6:40 PM • Lap Pool

58462

Thu • 6:45–7:15 PM • Lap Pool

58467

📍 Kingston • ♂ Ages 3+

20 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:25–5:55 PM • Leisure Pool

58540

Mon • 6:00–6:30 PM • Leisure Pool

58546

Mon • 6:10–6:40 PM • Lap Pool

58549

Mon • 6:35–7:05 PM • Leisure Pool

58552

Mon • 7:10–7:40 PM • Leisure Pool

58555

Mon • 7:10–7:40 PM • Leisure Pool

58556

Wed • 4:50–5:20 PM • Leisure Pool

58563

Wed • 5:25–5:55 PM • Leisure Pool

58569

Wed • 5:35–6:05 PM • Lap Pool

58572

Wed • 6:10–6:40 PM • Lap Pool

58579

Wed • 6:35–7:05 PM • Leisure Pool

58582

Wed • 6:45–7:15 PM • Lap Pool

58583

Wed • 7:10–7:40 PM • Leisure Pool

58587

Wed • 7:20–7:50 PM • Lap Pool

58588

Sat • 9:00–9:30 AM • Leisure Pool

58597

Sat • 9:35–10:05 AM • Leisure Pool

58600

Sat • 11:40–12:10 PM • Lap Pool

58616

Sat • 11:55–12:25 PM • Lap Pool

58618

Sun • 9:40–10:10 AM • Leisure Pool

58624

Sun • 10:15–10:45 AM • Leisure Pool

58628

First Aid Courses

Participants should bring a pen and paper and proof of prerequisites. Manuals will be provided at the first class.

Standard First Aid & CPR-C

Education • First Aid

Course

👤 Ages 13+ \$ \$140 + HST

ⓘ Comprehensive two-day Standard First Aid and CPR-C course covering emergency cardiovascular care, injury assessment, and first-aid skills.

AVAILABLE SESSIONS

📍 Brockville	👤 Ages 13+	1 session
📅 Feb 21 – Feb 22	• Weekend Course	
Sat–Sun Feb 21–22	• 8:00 AM–4:00 PM	58415

📍 Kingston	👤 Ages 13+	2 sessions
📅 Feb 7–8	• Weekend Course	
Sat–Sun Feb 7–8	• 8:30 AM–4:30 PM	58528
Thu–Fri Mar 19–20	• 8:30 AM–4:30 PM	58529

Standard First Aid & CPR-C – Recertification

Education • First Aid

Course

👤 Ages 13+ \$ \$100 + HST

ⓘ Standard First Aid and CPR-C recertification course to update core first aid and CPR skills.

Prerequisite: current Standard First Aid & CPR-C certification.

AVAILABLE SESSIONS

📍 Brockville	👤 Ages 13+	1 session
📅 Feb 22	• Day Course	
Sun Feb 22	• 8:00 AM–4:00 PM	58416
📍 Kingston	👤 Ages 13+	1 session
📅 Mar 8	• Day Course	
Sun Mar 8	• 8:30 AM–4:30 PM	58530

MARCH BREAK

Level Up Swim Camp

Aquatics • Learn to Swim

Camp

👤 Ages 6–10 \$ \$275

ⓘ Level Up Swim Camp builds swimming skills and water safety awareness through daily swim lessons, water safety education, and swimming-themed crafts and activities. Includes a personalized Level Up Swim Camp certificate.

Before and after care available at no extra cost 7:30–9:00 AM and 4:00–5:30 PM.

AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 6–10 1 session
📅 Mar 16 – Mar 20 • March Break Camp
Mon–Fri • 9:00 AM–4:00 PM 58519

📍 Kingston • 👤 Ages 6–10 1 session
📅 Mar 16 – Mar 20 • March Break Camp
Mon–Fri • 9:00 AM–4:00 PM 58649

PA Day Variety Camp

Recreation • Arts & Crafts

Camp

👤 Ages 6–9 \$ \$45

ⓘ Creative, activity-filled day camp with games, sports, swimming, arts, and crafts.

Before and after care available at no extra cost 7:30–9:00 AM and 4:00–5:30 PM.

AVAILABLE SESSIONS

📍 Kingston • 👤 Ages 6–9 1 session
📅 Jan 30 • PA Day Camp
Fri • 9:00 AM–4:00 PM 58647

Youth Courses

Fitness Centre Orientation for Youth

Education • Leadership

Course

👤 Ages 10–12

💵 Free for members
(members only)

ⓘ Day course that helps youth feel confident and ready to use the fitness centre on their own by learning equipment safety, proper techniques, and fitness centre etiquette.

Bring clean indoor athletic shoes, athletic clothing, and a refillable water bottle.

AVAILABLE SESSIONS

📍 Brockville • 🚫 Ages 10–12

3 sessions

📅 Jan 15 – Mar 12 • Day Course

Thu Jan 15 • 5:00–6:00 PM

58495

Thu Feb 12 5:00–6:00 PM

58496

Thu Mar 12 • 5:00–6:00 PM

58497

📍 Kingston • 🚫 Ages 10–12

3 sessions

📅 Jan 11 – Mar 8 • Day Course

Sun Jan 11 • 11:00 AM–12:00 PM

58650

Sun Feb 22 • 11:00 AM–12:00 PM

58651

Sun Mar 8 • 11:00 AM–12:00 PM

58652

Babysitting Course

Education • Leadership

Course

👤 Ages 11–14

💵 \$65 members / \$80 non-members

ⓘ Youth learn the basics of how to care for, entertain, and safely supervise young children, gaining confidence and hands-on babysitting skills.

AVAILABLE SESSIONS

📍 Brockville • 🚫 Ages 11–14

1 session

📅 Jan 30 • Day Course

Fri • 9:00 AM–5:00 PM

58498

📍 Kingston • 🚫 Ages 11–14

1 session

📅 Jan 30 • Day Course

Fri • 9:00 AM–5:00 PM

58648

Youth Programs

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

Krafty Kids

Recreation • Arts & Crafts

Program

👤 Ages 6–12	💲 Free for members (members only)
<p> ⓘ Creative arts club where children get messy, build new skills, gain confidence, and develop fine motor skills and creative thinking.</p>	

AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 9–12	1 session
📅 Jan 10 – Mar 21 • 11-Week Program	
Sat • 10:30–11:15 AM	58502

📍 Brockville • 👤 Ages 6–8	1 session
📅 Jan 10 – Mar 21 • 11-Week Program	
Sat • 11:30 AM–12:15 PM	58503

📍 Kingston • 👤 Ages 6–8	1 session
📅 Jan 6 – Mar 17 • 11-Week Program	
Tue • 6:30–7:00 PM	58653

Teen Cooking Collective

Recreation • Social

Program

👤 Ages 13–18	💲 Free to all
<p> ⓘ Revamped teen program providing a friendly, inclusive space to learn cooking skills, connect with peers, hang out, and share a meal together. Includes pool and gym access, free Wi-Fi, snacks, and more.</p>	

Drop-in program, no registration required.

AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 13–18	1 session
📅 Jan 14 – Mar 25 • 11-Week Program	
Wed • 3:00–6:30 PM	58518

Karate

Recreation • Martial Arts

Program

👤 Ages 5–10	💲 Free for members (members only)
<p> ⓘ Shotokan karate program for beginners to experienced youth focusing on self-defense, focus, and discipline.</p>	

AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 5–9	1 session
📅 Jan 6 – Mar 17 • 11-Week Program	

📍 Brockville • 👤 Ages 10+	2 sessions
📅 Jan 6 – Mar 18 • 11-Week Program	
Tue & Thu • 6:35–7:20 PM (Junior Belts)	58505
Tue & Thu • 7:25–8:00 PM (Senior Belts)	58507

📍 Kingston • 👤 Ages 5–9	2 sessions
📅 Jan 7 – Mar 18 • 11-Week Program	
Wed • 6:30–7:05 PM	58658
Sat • 11:30 AM–12:05 PM	58659

📍 Kingston • 👤 Ages 10+	1 session
📅 Jan 7 – Mar 21 • 11-Week Program	

Youth Programs

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

Work Hard, Eat Well

Recreation • Social

Program

👤 Ages 6–12 \$ Free

ⓘ Dynamic program with fitness games, teambuilding activities, and a healthy meal, helping youth develop social skills, strength, endurance, balance, and coordination.

AVAILABLE SESSIONS

📍 Brockville • 🚚 Ages 6–8

📅 Jan 12 – Mar 30 • 10-Week Program

Mon • 5:00–6:00 PM

1 session

58499

📍 Brockville • 🚚 Ages 9–12

📅 Jan 12 – Mar 30 • 10-Week Program

Mon • 6:15–7:15 PM

1 session

58500

✉️ bryan.edgeley@eo.ymca.ca

Youth Fitness

Recreation • Sports

Program

👤 Ages 10–13 \$ Free for members
(members only)

ⓘ Functional-movement-based fitness program where youth learn about exercise, movement, body mechanics, and fitness centre etiquette while improving overall physical literacy.

AVAILABLE SESSIONS

📍 Brockville • 🚚 Ages 10–13

📅 Jan 9 – Mar 20 • 11-Week Program

Fri • 4:00–5:00 PM

1 session

58501

Work Hard, Eat Well

Recreation • Social

Program

👤 Ages 9–14 \$ Free to all

ⓘ Dynamic program with fitness games, teambuilding activities, and a healthy meal, helping youth develop social skills, strength, endurance, balance, and coordination.

Drop-in program, no registration required.

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

AVAILABLE SESSIONS

📍 Kingston • 🚚 Ages 9–14

📅 Jan 12 – Mar 13 • 9-Week Program

Mon & Fri • 4:30–7:30 PM

✉️ mikaela.mantha@eo.ymca.ca



Kin Canada
Kinsmen Club
of Kingston



Community Foundation
for Kingston & Area



United Way
Kingston, Frontenac,
Lennox and Addington

Youth Programs

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

Basketball Skills and Development

Recreation • Sports

Program

👤 Ages 6–13 \$ Free for members (members only)

ⓘ Youth basketball program teaching fundamental skills in a safe, social, and encouraging environment through drills, practice, and games.

AVAILABLE SESSIONS

📍 Kingston • 🚚 Ages 6–9	1 session
📅 Jan 10 – Mar 21 • 11-Week Program	
Sat • 9:30–10:15 AM	58654

📍 Kingston • 🚚 Ages 10–13	1 session
📅 Jan 10 – Mar 21 • 11-Week Program	
Sat • 10:30–11:30 AM	58655

Youth Volleyball

Recreation • Sports

Program

👤 Ages 7–13 \$ Free for members (members only)

ⓘ Volleyball program for players of all skill levels focusing on developing fundamentals, sportsmanship, and a love of the game.

AVAILABLE SESSIONS

📍 Kingston • 🚚 Ages 7–9	1 session
📅 Jan 11 – Mar 22 • 11-Week Program	
Sun • 9:30–10:15 AM	58662

📍 Kingston • 🚚 Ages 10–13	1 session
📅 Jan 11 – Mar 22 • 11-Week Program	
Sun • 10:30–11:30 AM	58663

Youth Badminton

Recreation • Sports

Program

👤 Ages 9–14 \$ Free for members (members only)

ⓘ Youth learn and practice badminton skills including serve, drop shot, and smash while learning the rules of the game.

AVAILABLE SESSIONS

📍 Kingston • 🚚 Ages 9–14	1 session
📅 Jan 7 – Mar 18 • 11-Week Program	
Wed • 6:45–7:45 PM	58661

Y Dance

Recreation • Performing Arts

Program

👤 Ages 6–13 \$ Free for members (members only)

ⓘ Youth dance program encouraging self-expression through styles such as hip-hop, breakdance, contemporary, jazz, and TikTok-inspired moves.

AVAILABLE SESSIONS

📍 Kingston • 🚚 Ages 6–8	1 session
📅 Jan 6 – Mar 17 • 11-Week Program	
Tue • 5:45–6:15 PM	58656

📍 Kingston • 🚚 Ages 9–13	1 session
📅 Jan 6 – Mar 17 • 11-Week Program	
Tue • 7:05–7:50 PM	58657

Adult Courses

Bring a laptop or tablet, water bottle, comfortable clothing and athletic shoes.

Personal Trainer Certification

Fitness • Fitness Certification

Course

👤 Adults 16+

💲 \$300 + HST

ⓘ YMCA Personal Trainer Course blending online learning and in-class practical teaching to prepare participants to work one-on-one with clients to meet health and fitness goals.

Prerequisite: current Standard First Aid and CPR-C certification

AVAILABLE SESSIONS

📍 Kingston • 🧑 Adults 16+

1 session

📅 Jan 6 – Feb 19 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM

Tue Feb 17 • 5:00–9:00 PM

Wed Feb 18 • 5:00–9:00 PM

Thu Feb 19 • 5:00–9:00 PM

58644

Group Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+

💲 \$300 + HST

ⓘ YMCA Group Fitness Instructor Course to build knowledge, skills, and confidence to lead safe and effective strength and cardio classes.

Prerequisite: current Standard First Aid and CPR-C certification

AVAILABLE SESSIONS

📍 Brockville • 🧑 Adults 16+

1 session

📅 Feb 7 – Mar 8 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM

Sat Mar 7 • 8:00 AM–4:00 PM

Sun Mar 8 • 8:00 AM–4:00 PM

58512

📍 Kingston • 🧑 Adults 16+

1 session

📅 Jan 6 – Jan 29 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM

Mon Jan 26 • 5:00–9:00 PM

Thu Jan 29 • 5:00–9:00 PM

58642

Adult Courses

Bring a laptop or tablet, water bottle, comfortable clothing and athletic shoes.

Aqua Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+

฿ \$300 + HST

ⓘ YMCA Aqua Fitness Instructor Course to build knowledge and confidence to lead safe and effective aquatic fitness classes, blending online learning with practical teaching.

Prerequisite: current Standard First Aid and CPR-C certification

AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+

1 session

📅 Feb 7 – Mar 15 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM

Sat Mar 14 • 8:00 AM–4:00 PM

Sun Mar 15 • 8:00 AM–4:00 PM

58513

📍 Kingston • 👤 Adults 16+

1 session

📅 Jan 6 – Feb 5 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM

Mon Feb 2 • 5:00–9:00 PM

Thu Feb 5 • 5:00–9:00 PM

58643

Cycle Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+

฿ \$300 + HST

ⓘ YMCA Cycle Fitness Instructor Course to build skills and confidence to lead safe, high-intensity cycling classes, blending online learning with in-person practical teaching.

Prerequisite: current Standard First Aid and CPR-C certification

AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+

1 session

📅 Feb 7 – Mar 22 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM

Sat Mar 21 • 8:00 AM–4:00 PM

Sun Mar 22 • 8:00 AM–4:00 PM

58514

📍 Kingston • 👤 Adults 16+

1 session

📅 Jan 6 – Feb 12 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM

Mon Feb 9 • 5:00–9:00 PM

Thu Feb 12 • 5:00–9:00 PM

58645

Adult Programs

Karate – Senior Belts

Recreation • Martial Arts

Program

👤 Adults 16+

💲 Free for members
(members only)

ⓘ Traditional Shotokan karate program for senior belts focusing on self-defense, fitness, focus, and flexibility while building skills toward earning a Black Belt.

AVAILABLE SESSIONS

📍 Brockville • 🧑 Adults 16+

📅 Jan 6 – Mar 18 • 11-Week Program

1 session

Tue & Thu • 7:25–8:00 PM

58510

Sunday Blackbelt Karate

Recreation • Martial Arts

Program

👤 Adults 16+

💲 Free for members
(members only)

ⓘ Advanced karate class for blackbelt adults to continue or resume training, tailored to individual needs.

AVAILABLE SESSIONS

📍 Brockville • 🧑 Adults 16+

📅 Jan 11 – Mar 22 • 11-Week Program

1 session

Sun • 9:00–10:30 AM

58511

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

Vintage Karate for Adults

Recreation • Martial Arts

Program

👤 Adults 16+

💲 Free for members
(members only)

ⓘ Comfortable karate class for adults to continue their studies in Traditional Shotokan Karate while improving fitness and skills.

AVAILABLE SESSIONS

📍 Brockville • 🧑 Adults 16+

📅 Jan 6 – Mar 18 • 11-Week Program

2 sessions

Tue • 10:00–11:30 AM

58508

Thu • 6:00–7:30 PM

58509

Adult Programs

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

Gentle Yoga with Meditation

Group Fitness • Mind & Body

Program

👤 Adults 16+

💲 Free for members
(members only)

ⓘ Gentle, slow-paced yoga practice focused on deep relaxation, stress reduction, and rejuvenation, incorporating different types of meditation.

AVAILABLE SESSIONS

📍 Brockville • 🧑 Adults 16+

📅 Jan 17 – Mar 21 • Day Program

3 sessions

Sat Jan 17 • 10:00 AM–12:00 PM

58515

Sat Feb 21 • 10:00 AM–12:00 PM

58516

Sat Mar 21 • 10:00 AM–12:00 PM

58517

Restorative Yoga

Group Fitness • Mind & Body

Program

👤 Adults 16+

💲 Free for members
(members only)

ⓘ Gentle, slow-paced restorative yoga emphasizing stillness, comfort, and long-held, fully-supported poses to promote deep relaxation and nervous system healing.

Suggested to bring blanket, eye mask, refillable water bottle, and comfortable athletic clothing.

AVAILABLE SESSIONS

📍 Kingston • 🧑 Adults 16+

1 session

📅 Jan 6 – Feb 3 • 5-Week Program

Tue • 1:00–2:00 PM

58646

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	Yes	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