



April – June

# Program Guide

Register today!

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



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Registration opens  
March 24 at 8am

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

## 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](http://eo.ymca.ca/brk-reportcard)
- Kingston: [eo.ymca.ca/kng-reportcard](http://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,**  
Supervisor, Aquatics – Kingston  
[megan.henry@eo.ymca.ca](mailto:megan.henry@eo.ymca.ca)

**Thomas MacMillan,**  
Supervisor, Aquatics – Brockville, Prescott, St. Lawrence Park  
[thomas.macmillan@eo.ymca.ca](mailto:thomas.macmillan@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](http://yeo.my.site.com)



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](http://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.

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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](mailto:brk.membership@eo.ymca.ca)

### **In Kingston:**

613-546-2647

[kng.membership@eo.ymca.ca](mailto: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](mailto:brk.membership@eo.ymca.ca)  
613-342-7961

[kng.membership@eo.ymca.ca](mailto: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](mailto: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](https://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.



# Lifeguarding 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

13+ yrs Aquatics • Course

Open to All • \$300

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.

**Brockville** 1 session

Fri–Sun May 1–3 • 3 days

**Fri, Sat, Sun** • 61237  
4:00 PM–7:30 PM • 8:00 AM–4:00 PM

**Kingston** 1 session

Fri–Sun May 1–3 • 3 days

**Fri, Sat, Sun** • 61485  
4:00 PM–7:30 PM • 8:00 AM–4:00 PM

## Bronze Cross

13+ yrs Aquatics • Course

Open to All • \$280

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.

**Brockville** 1 session

Sat–Sun May 9–17 • 1 week

**Sat, Sun** • 8:00 AM–4:00 PM • Lap Pool 61238

**Kingston** 1 session

Sat–Sun May 16–24 • 1 week

**Sat, Sun** • 8:00 AM–4:00 PM • Lap Pool 61486

# Lifeguarding Courses

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

## National Lifeguard (Pool)

15+ yrs Aquatics • Course

Open to All • \$340

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.

**Brockville** 1 session

Fri–Sun Apr 17–26 • 6 classes

Fri • Apr 17 • 3:30 PM–8:00 PM

Sat–Sun • Apr 18–19 • 8:00 AM–4:00 PM 61240

Fri • Apr 24 • 3:30 PM–8:00 PM

Sat–Sun • Apr 25–26 • 8:00 AM–4:00 PM

**Kingston** 2 sessions

Fri–Sun Apr 10–Jun 21 • 6 classes

Fri • Apr 10 • 4:00 PM–7:30 PM

Sat–Sun • Apr 11–12 • 8:00 AM–4:00 PM 61487

Fri • Apr 17 • 4:00 PM–7:30 PM

Sat–Sun • Apr 18–19 • 8:00 AM–4:00 PM

Fri • Jun 12 • 4:00 PM–7:30 PM

Sat–Sun • Jun 13–14 • 8:00 AM–4:00 PM 61488

Fri • Jun 19 • 4:00 PM–7:30 PM

Sat–Sun • Jun 20–21 • 8:00 AM–4:00 PM

## National Lifeguard (Pool) Recertification

16+ yrs Aquatics • Course

Open to All • \$100

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

Prerequisite: previously held National Lifeguard (Pool) certification.

**Brockville** 1 session

Sun Apr 26 • 1 class

Sun • Apr 26 • 11:00 PM–4:00 AM 61241

**Kingston** 2 sessions

Sun–Sat Apr 19–Jun 27 • 1 class

Sat • Jun 27 • 9:00 AM–2:00 PM 61490

Sun • Apr 19 • 11:00 AM–4:00 PM 61489

## Lifesaving Instructors

16+ yrs Aquatics • Course

Open to All • \$200

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

Prerequisite: 15+ years of age and Have Previously taken Bronze Cross

**Brockville** 1 session

Fri–Sun Apr 10–12 • 3 classes

Fri • Apr 10 • 3:30 PM–8:00 PM 61239

Sat–Sun • Apr 11–12 • 8:00 AM–4:00 PM

# 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](mailto:penguins@eo.ymca.ca)



### Y Penguins - Splash

6-10 yrs Aquatics • Program

Members Only • \$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.

[penguins@eo.ymca.ca](mailto:penguins@eo.ymca.ca)

 **Kingston** 1 session  
 Sep–Jun  
**Tue, Thu** • 5:00 PM–5:45 PM *Contact to Register*



### Y Penguins - Skills

8-12 yrs Aquatics • Program

Members Only • \$424

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

[penguins@eo.ymca.ca](mailto:penguins@eo.ymca.ca)

 **Kingston** 1 session  
 Sep–Jun  
**Tue, Thu** • 5:00 PM–5:45 PM *Contact to Register*



### Y Penguins - Race

10-14 yrs Aquatics • Program

Members Only • \$424

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

[penguins@eo.ymca.ca](mailto:penguins@eo.ymca.ca)

 **Kingston** 1 session  
 Sep–Jun  
**Tue, Thu** • 4:00 PM–5:00 PM *Contact to Register*

# 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](http://eo.ymca.ca/aquatics-programs)



**Not sure what level? Find your child's latest SwimGen report card.**

Brockville: [eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard)

Kingston: [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

AGE

1 - 2

3 - 5

6 - 12

13+

### Parent & Tot

#### Splasher\*

Parents participate with children 0-18 mths old with instruction directed toward the parent. The main skill taught is comfort in the water for both the adult and child, with the ability of the child to splash both arms and legs.

#### Bubbler\*

Parents participate with children 18 mths-3 yrs with instruction directed toward the parent. The main skill taught is the ability of the child to hold the wall while kicking and blowing 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, standing dive, and surface support for 45 seconds.

\*taught in the same class.

### Child

Float without assistance?

➤ Otter

Comfortable in water where the surface is over their head?

➤ Seal

Kicking on their back and front for 10m?

➤ Dolphin

Can swim 25m (1 length) without stopping?

➤ Swimmer

Can swim with their arms coming out and breathing to the side?

➤ Star 1

Swim on their front or back using their arms and kicking for 50m?

➤ Star 2

Knows more than two strokes (front & back) and can swim 200m?

➤ Star 3

Can swim 400m and can submerge 2m or more to get an object?

➤ Star 4

Can swim 500m and is ready to learn how to save a person?

➤ Star 5/6

Is 13 years old and ready for more?

➤ Aquatic Leadership Program OR Bronze Levels

### Teen or Adult

#### Learn to Swim

Focus on essential water safety, stroke development, and endurance, ensuring everyone can progress effectively.

# 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

0.5-1.5 yrs Aquatics • Lesson

Members Only • Free

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.

<b>Brockville</b>	4 sessions
Tue–Sat Apr 7–Jun 13 • 10 weeks	
<b>Tue</b> • 4:15 PM–4:45 PM • Wading Pool	61244
<b>Wed</b> • 10:30 AM–11:00 AM • Wading Pool	61275
<b>Thu</b> • 4:15 PM–4:45 PM • Wading Pool	61277
<b>Sat</b> • 9:15 AM–9:45 AM • Wading Pool	61308

<b>Kingston</b>	3 sessions
Mon–Sun Apr 6–Jun 14 • 10 weeks	
<b>Mon</b> • 5:00 PM–5:30 PM • Leisure Pool	61347
<b>Sat</b> • 9:05 AM–9:35 AM • Lap Pool	61401
<b>Sun</b> • 10:15 AM–10:45 AM • Leisure Pool	61451

## Bubbler

1.5-3 yrs Aquatics • Lesson

Members Only • Free

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.

<b>Brockville</b>	4 sessions
Tue–Sat Apr 7–Jun 13 • 10 weeks	
<b>Tue</b> • 4:15 PM–4:45 PM • Wading Pool	61245
<b>Wed</b> • 10:30 AM–11:00 AM • Wading Pool	61276
<b>Thu</b> • 4:15 PM–4:45 PM • Wading Pool	61278
<b>Sat</b> • 9:15 AM–9:45 AM • Wading Pool	61309

<b>Kingston</b>	2 sessions
Wed–Sun Apr 8–Jun 14 • 10 weeks	
<b>Wed</b> • 5:35 PM–6:05 PM • Leisure Pool	61379
<b>Sun</b> • 9:05 AM–9:35 AM • Leisure Pool	61438

## Bobber+


3-5 yrs Aquatics • Lesson

Members Only • Free

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.

 **Kingston**

2 sessions

 Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 6:10 PM–6:40 PM • Leisure Pool 61359

**Sun** • 9:40 AM–10:10 AM • Leisure Pool 61444

# 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

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		7 sessions
📅 Tue–Sat Apr 7–Jun 13 • 10 weeks		
<b>Tue</b>	• 5:00 PM–5:30 PM • Wading Pool	61246
<b>Tue</b>	• 5:35 PM–6:05 PM • Wading Pool	61252
<b>Tue</b>	• 6:10 PM–6:40 PM • Wading Pool	61258
<b>Thu</b>	• 5:35 PM–6:05 PM • Wading Pool	61285
<b>Thu</b>	• 6:45 PM–7:15 PM • Wading Pool	61297
<b>Sat</b>	• 10:00 AM–10:30 AM • Wading Pool	61310
<b>Sat</b>	• 11:10 AM–11:40 AM • Wading Pool	61320

📍 Kingston		9 sessions
📅 Mon–Sun Apr 6–Jun 14 • 10 weeks		
<b>Mon</b>	• 5:35 PM–6:05 PM • Leisure Pool	61352
<b>Mon</b>	• 6:45 PM–7:15 PM • Leisure Pool	61364
<b>Wed</b>	• 5:35 PM–6:05 PM • Leisure Pool	61380
<b>Wed</b>	• 7:20 PM–7:50 PM • Leisure Pool	61396
<b>Sat</b>	• 9:05 AM–9:35 AM • Leisure Pool	61402
<b>Sat</b>	• 9:40 AM–10:10 AM • Leisure Pool	61408
<b>Sat</b>	• 11:25 AM–11:55 AM • Leisure Pool	61428
<b>Sun</b>	• 9:05 AM–9:35 AM • Leisure Pool	61439
<b>Sun</b>	• 10:50 AM–11:20 AM • Leisure Pool	61456

### Floater

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		7 sessions
📅 Tue–Sat Apr 7–Jun 13 • 10 weeks		
<b>Tue</b>	• 5:00 PM–5:30 PM • Wading Pool	61247
<b>Tue</b>	• 6:10 PM–6:40 PM • Wading Pool	61259
<b>Thu</b>	• 5:00 PM–5:30 PM • Wading Pool	61279
<b>Thu</b>	• 5:35 PM–6:05 PM • Wading Pool	61286
<b>Thu</b>	• 6:45 PM–7:15 PM • Wading Pool	61298
<b>Sat</b>	• 10:35 AM–11:05 AM • Wading Pool	61318
<b>Sat</b>	• 11:10 AM–11:40 AM • Wading Pool	61321

📍 Kingston		8 sessions
📅 Mon–Sun Apr 6–Jun 14 • 10 weeks		
<b>Mon</b>	• 5:00 PM–5:30 PM • Leisure Pool	61349
<b>Mon</b>	• 6:10 PM–6:40 PM • Leisure Pool	61360
<b>Wed</b>	• 6:10 PM–6:40 PM • Leisure Pool	61383
<b>Wed</b>	• 6:45 PM–7:15 PM • Leisure Pool	61390
<b>Sat</b>	• 9:05 AM–9:35 AM • Leisure Pool	61403
<b>Sat</b>	• 10:15 AM–10:45 AM • Leisure Pool	61415
<b>Sun</b>	• 9:40 AM–10:10 AM • Leisure Pool	61445
<b>Sun</b>	• 10:50 AM–11:20 AM • Leisure Pool	61457

# 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

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 7 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:35 PM–6:05 PM • Lap Pool 61255

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61266

**Thu** • 5:00 PM–5:30 PM • Lap Pool 61282

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61293

**Sat** • 10:00 AM–10:30 AM • Lap Pool 61311

**Sat** • 10:35 AM–11:05 AM • Lap Pool 61317

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61327

**Kingston** 5 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:35 PM–6:05 PM • Leisure Pool 61353

**Wed** • 7:20 PM–7:50 PM • Leisure Pool 61397

**Sat** • 10:15 AM–10:45 AM • Leisure Pool 61416

**Sat** • 12:00 PM–12:30 PM • Leisure Pool 61432

**Sun** • 10:15 AM–10:45 AM • Leisure Pool 61452

### Diver

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 7 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:35 PM–6:05 PM • Lap Pool 61255

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61266

**Thu** • 5:00 PM–5:30 PM • Lap Pool 61282

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61293

**Sat** • 10:00 AM–10:30 AM • Lap Pool 61311

**Sat** • 10:35 AM–11:05 AM • Lap Pool 61317

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61327

**Kingston** 4 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:35 PM–6:05 PM • Lap Pool 61354

**Wed** • 5:35 PM–6:05 PM • Lap Pool 61381

**Sat** • 9:40 AM–10:10 AM • Lap Pool 61409

**Sun** • 9:05 AM–9:35 AM • Lap Pool 61440

# 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.

### Surfer

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 3 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61267

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61294

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61328

**Kingston** 4 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:35 PM–6:05 PM • Lap Pool 61354

**Wed** • 5:35 PM–6:05 PM • Lap Pool 61381

**Sat** • 9:40 AM–10:10 AM • Lap Pool 61409

**Sun** • 9:05 AM–9:35 AM • Lap Pool 61440

### Jumper

3-5 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 3 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61267

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61294

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61328

**Kingston** 3 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:00 PM–5:30 PM • Lap Pool 61348

**Sat** • 9:05 AM–9:35 AM • Lap Pool 61404

**Sun** • 9:40 AM–10:10 AM • Lap Pool 61446

# 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

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 6 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:35 PM–6:05 PM • Lap Pool 61253

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61264

**Thu** • 5:00 PM–5:30 PM • Lap Pool 61280

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61291

**Sat** • 10:35 AM–11:05 AM • Lap Pool 61315

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61325

**Kingston** 7 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:35 PM–6:05 PM • Leisure Pool 61355

**Mon** • 6:45 PM–7:15 PM • Leisure Pool 61365

**Wed** • 5:35 PM–6:05 PM • Leisure Pool 61382

**Wed** • 6:10 PM–6:40 PM • Leisure Pool 61384

**Sat** • 10:50 AM–11:20 AM • Leisure Pool 61421

**Sat** • 12:00 PM–12:30 PM • Leisure Pool 61433

**Sun** • 9:40 AM–10:10 AM • Leisure Pool 61447

## Seal

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 6 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:35 PM–6:05 PM • Lap Pool 61254

**Tue** • 6:45 PM–7:15 PM • Lap Pool 61265

**Thu** • 5:00 PM–5:30 PM • Lap Pool 61281

**Thu** • 6:10 PM–6:40 PM • Lap Pool 61292

**Sat** • 10:35 AM–11:05 AM • Lap Pool 61316

**Sat** • 11:45 AM–12:15 PM • Lap Pool 61326

**Kingston** 8 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 6:45 PM–7:15 PM • Leisure Pool 61366

**Mon** • 7:20 PM–7:50 PM • Leisure Pool 61370

**Wed** • 5:00 PM–5:30 PM • Leisure Pool 61375

**Wed** • 6:45 PM–7:15 PM • Leisure Pool 61391

**Sat** • 9:40 AM–10:10 AM • Leisure Pool 61410

**Sat** • 12:00 PM–12:30 PM • Leisure Pool 61434

**Sun** • 10:15 AM–10:45 AM • Leisure Pool 61453

**Sun** • 11:25 AM–11:55 AM • Leisure Pool 61463

# 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

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		6 sessions
📅 Tue–Sat Apr 7–Jun 13 · 10 weeks		
<b>Tue</b>	• 5:35 PM–6:05 PM • Lap Pool	61254
<b>Tue</b>	• 6:45 PM–7:15 PM • Lap Pool	61265
<b>Thu</b>	• 5:00 PM–5:30 PM • Lap Pool	61281
<b>Thu</b>	• 6:10 PM–6:40 PM • Lap Pool	61292
<b>Sat</b>	• 10:35 AM–11:05 AM • Lap Pool	61316
<b>Sat</b>	• 11:45 AM–12:15 PM • Lap Pool	61326

📍 Kingston		9 sessions
📅 Mon–Sun Apr 6–Jun 14 · 10 weeks		
<b>Mon</b>	• 5:00 PM–5:30 PM • Lap Pool	61350
<b>Mon</b>	• 6:45 PM–7:15 PM • Lap Pool	61367
<b>Wed</b>	• 6:10 PM–6:40 PM • Lap Pool	61385
<b>Wed</b>	• 6:45 PM–7:15 PM • Lap Pool	61392
<b>Sat</b>	• 9:40 AM–10:10 AM • Lap Pool	61411
<b>Sat</b>	• 10:15 AM–10:45 AM • Lap Pool	61419
<b>Sat</b>	• 12:00 PM–12:30 PM • Lap Pool	61435
<b>Sun</b>	• 9:40 AM–10:10 AM • Lap Pool	61448
<b>Sun</b>	• 10:15 AM–10:45 AM • Lap Pool	61454

## Swimmer

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		6 sessions
📅 Tue–Sat Apr 7–Jun 13 · 10 weeks		
<b>Tue</b>	• 5:00 PM–5:30 PM • Lap Pool	61248
<b>Tue</b>	• 6:10 PM–6:40 PM • Lap Pool	61260
<b>Thu</b>	• 5:35 PM–6:05 PM • Lap Pool	61287
<b>Thu</b>	• 6:45 PM–7:15 PM • Lap Pool	61299
<b>Sat</b>	• 10:00 AM–10:30 AM • Lap Pool	61312
<b>Sat</b>	• 11:10 AM–11:40 AM • Lap Pool	61322

📍 Kingston		8 sessions
📅 Mon–Sun Apr 6–Jun 14 · 10 weeks		
<b>Mon</b>	• 6:10 PM–6:40 PM • Lap Pool	61358
<b>Mon</b>	• 7:20 PM–7:50 PM • Lap Pool	61371
<b>Wed</b>	• 5:00 PM–5:30 PM • Lap Pool	61376
<b>Wed</b>	• 6:45 PM–7:15 PM • Lap Pool	61393
<b>Sat</b>	• 9:05 AM–9:35 AM • Lap Pool	61405
<b>Sat</b>	• 10:50 AM–11:20 AM • Lap Pool	61422
<b>Sun</b>	• 9:05 AM–9:35 AM • Lap Pool	61441
<b>Sun</b>	• 10:50 AM–11:20 AM • Lap Pool	61458

# 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

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 6 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:00 PM–5:30 PM • Lap Pool 61249

**Tue** • 6:10 PM–6:40 PM • Lap Pool 61261

**Thu** • 5:35 PM–6:05 PM • Lap Pool 61288

**Thu** • 6:45 PM–7:15 PM • Lap Pool 61300

**Sat** • 10:00 AM–10:30 AM • Lap Pool 61313

**Sat** • 11:10 AM–11:40 AM • Lap Pool 61323

**Kingston** 8 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:00 PM–5:30 PM • Lap Pool 61351

**Wed** • 6:10 PM–6:40 PM • Lap Pool 61386

**Wed** • 7:20 PM–7:50 PM • Lap Pool 61398

**Sat** • 9:05 AM–9:35 AM • Lap Pool 61406

**Sat** • 10:15 AM–10:45 AM • Lap Pool 61417

**Sat** • 11:25 AM–11:55 AM • Lap Pool 61429

**Sun** • 9:05 AM–9:35 AM • Lap Pool 61442

**Sun** • 11:25 AM–11:55 AM • Lap Pool 61464

## Star 2

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

**Brockville** 6 sessions

Tue–Sat Apr 7–Jun 13 • 10 weeks

**Tue** • 5:00 PM–5:30 PM • Lap Pool 61249

**Tue** • 6:10 PM–6:40 PM • Lap Pool 61261

**Thu** • 5:35 PM–6:05 PM • Lap Pool 61288

**Thu** • 6:45 PM–7:15 PM • Lap Pool 61300

**Sat** • 10:00 AM–10:30 AM • Lap Pool 61313

**Sat** • 11:10 AM–11:40 AM • Lap Pool 61323

**Kingston** 6 sessions

Mon–Sun Apr 6–Jun 14 • 10 weeks

**Mon** • 5:00 PM–5:30 PM • Lap Pool 61351

**Mon** • 5:35 PM–6:05 PM • Lap Pool 61356

**Wed** • 7:20 PM–7:50 PM • Lap Pool 61398

**Sat** • 10:15 AM–10:45 AM • Lap Pool 61417

**Sat** • 11:25 AM–11:55 AM • Lap Pool 61430

**Sun** • 11:25 AM–11:55 AM • Lap Pool 61464

# 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

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		3 sessions
📅 Tue–Sat Apr 7–Jun 13 · 10 weeks		
<b>Tue</b>	7:20 PM–8:05 PM • Lap Pool	61270
<b>Thu</b>	7:20 PM–8:05 PM • Lap Pool	61303
<b>Sat</b>	11:45 AM–12:30 PM • Lap Pool	61329

📍 Kingston		4 sessions
📅 Mon–Sun Apr 6–Jun 14 · 10 weeks		
<b>Mon</b>	6:45 PM–7:30 PM • Lap Pool	61368
<b>Wed</b>	5:20 PM–6:05 PM • Lap Pool	61377
<b>Sat</b>	12:00 PM–12:45 PM • Lap Pool	61436
<b>Sun</b>	10:50 AM–11:35 AM • Lap Pool	61459

## Star 4

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

📍 Brockville		3 sessions
📅 Tue–Sat Apr 7–Jun 13 · 10 weeks		
<b>Tue</b>	7:20 PM–8:05 PM • Lap Pool	61270
<b>Thu</b>	7:20 PM–8:05 PM • Lap Pool	61303
<b>Sat</b>	11:45 AM–12:30 PM • Lap Pool	61329

📍 Kingston		4 sessions
📅 Mon–Sun Apr 6–Jun 14 · 10 weeks		
<b>Mon</b>	6:45 PM–7:30 PM • Lap Pool	61368
<b>Wed</b>	5:20 PM–6:05 PM • Lap Pool	61377
<b>Sat</b>	12:00 PM–12:45 PM • Lap Pool	61436
<b>Sun</b>	10:50 AM–11:35 AM • Lap Pool	61459

# 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

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

<b>Brockville</b>	2 sessions
Tue–Thu Apr 7–Jun 11 · 10 weeks	
<b>Tue</b> • 7:20 PM–8:05 PM • Lap Pool	61271
<b>Thu</b> • 7:20 PM–8:05 PM • Lap Pool	61304

<b>Kingston</b>	4 sessions
Mon–Sun Apr 6–Jun 14 · 10 weeks	
<b>Mon</b> • 6:45 PM–7:30 PM • Lap Pool	61369
<b>Wed</b> • 5:20 PM–6:05 PM • Lap Pool	61378
<b>Sat</b> • 12:00 PM–12:45 PM • Lap Pool	61437
<b>Sun</b> • 10:50 AM–11:35 AM • Lap Pool	61460

## Star 6

6-12 yrs Aquatics • Lesson

Members Only • Free

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.

<b>Brockville</b>	2 sessions
Tue–Thu Apr 7–Jun 11 · 10 weeks	
<b>Tue</b> • 7:20 PM–8:05 PM • Lap Pool	61271
<b>Thu</b> • 7:20 PM–8:05 PM • Lap Pool	61304

<b>Kingston</b>	4 sessions
Mon–Sun Apr 6–Jun 14 · 10 weeks	
<b>Mon</b> • 6:45 PM–7:30 PM • Lap Pool	61369
<b>Wed</b> • 5:20 PM–6:05 PM • Lap Pool	61378
<b>Sat</b> • 12:00 PM–12:45 PM • Lap Pool	61437
<b>Sun</b> • 10:50 AM–11:35 AM • Lap Pool	61460

# 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

13-17 yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Tue Apr 7–Jun 9 • 10 weeks

Tue • 7:20 PM–7:50 PM • Lap Pool 61272

**Kingston** 3 sessions

Mon–Sat Apr 6–Jun 13 • 10 weeks

Mon • 5:00 PM–5:30 PM • Leisure Pool 61346

Wed • 7:20 PM–7:50 PM • Leisure Pool 61400

Sat • 11:25 AM–11:55 AM • Leisure Pool 61427

### Teen 2/3

13-17 yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Tue Apr 7–Jun 9 • 10 weeks

Tue • 7:20 PM–7:50 PM • Lap Pool 61273

**Kingston** 2 sessions

Wed–Sat Apr 8–Jun 13 • 10 weeks

Wed • 6:45 PM–7:15 PM • Lap Pool 61389

Sat • 10:15 AM–10:45 AM • Leisure Pool 61414

### Teen 4/5

13-17 yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Tue Apr 7–Jun 9 • 10 weeks

Tue • 7:20 PM–7:50 PM • Lap Pool 61274

**Kingston** 1 session

Sat Apr 11–Jun 13 • 10 weeks

Sat • 9:40 AM–10:10 AM • Lap Pool 61407

# 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

18+ yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Thu Apr 9–Jun 11 · 10 weeks

Thu • 7:20 PM–7:50 PM • Lap Pool 61305

**Kingston** 3 sessions

Mon–Sun Apr 6–Jun 14 · 10 weeks

Mon • 7:20 PM–7:50 PM • Leisure Pool 61373

Sat • 10:50 AM–11:20 AM • Leisure Pool 61425

Sun • 11:25 AM–11:55 AM • Leisure Pool 61462

## Adult 2/3

18+ yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Thu Apr 9–Jun 11 · 10 weeks

Thu • 7:20 PM–7:50 PM • Lap Pool 61306

**Kingston** 3 sessions

Mon–Sat Apr 6–Jun 13 · 10 weeks

Mon • 6:10 PM–6:40 PM • Lap Pool 61363

Wed • 5:00 PM–5:30 PM • Leisure Pool 61374

Sat • 11:25 AM–11:55 AM • Leisure Pool 61426

## Adult 4/5

18+ yrs Aquatics • Lesson

Members Free

Non-Members \$175

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.

**Brockville** 1 session

Thu Apr 9–Jun 11 · 10 weeks

Thu • 7:20 PM–7:50 PM • Lap Pool 61307

**Kingston** 3 sessions

Wed–Sun Apr 8–Jun 14 · 10 weeks

Wed • 7:20 PM–7:50 PM • Lap Pool 61395

Sat • 10:50 AM–11:20 AM • Lap Pool 61420

Sun • 10:15 AM–10:45 AM • Lap Pool 61450

# 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: \$230

Semi-Private: \$200/swimmer

### Non-Member Rates

Private: \$300

Semi-Private: \$270/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

3+ yrs Aquatics • Lesson

Open to All

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

**Brockville** 8 sessions

Tue–Thu Apr 7–Jun 11 · 10 weeks

Tue • 5:00 PM–5:30 PM • Lap Pool 61250

Tue • 5:35 PM–6:05 PM • Lap Pool 61256

Tue • 6:10 PM–6:40 PM • Lap Pool 61262

Tue • 6:45 PM–7:15 PM • Lap Pool 61268

Thu • 5:00 PM–5:30 PM • Lap Pool 61283

Thu • 5:35 PM–6:05 PM • Lap Pool 61289

Thu • 6:10 PM–6:40 PM • Lap Pool 61295

Thu • 6:45 PM–7:15 PM • Lap Pool 61301

**Kingston** 11 sessions

Mon–Sun Apr 6–Jun 14 · 10 weeks

Mon • 5:35 PM–6:05 PM • Lap Pool 61357

Mon • 6:10 PM–6:40 PM • Lap Pool 61362

Mon • 6:10 PM–6:40 PM • Leisure Pool 61361

Mon • 7:20 PM–7:50 PM • Leisure Pool 61372

Wed • 6:10 PM–6:40 PM • Lap Pool 61387

Wed • 6:45 PM–7:15 PM • Leisure Pool 61394

Sat • 10:50 AM–11:20 AM • Leisure Pool 61424

Sat • 11:25 AM–11:55 AM • Lap Pool 61431

Sun • 9:40 AM–10:10 AM • Lap Pool 61449

Sun • 10:50 AM–11:20 AM • Leisure Pool 61461

Sun • 11:25 AM–11:55 AM • Leisure Pool 61465

# 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 with CPR-C

13+ yrs Education • Course

Open to All • \$160

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

Canadian First Aid Manual provided on first day

**Brockville** 1 session

Sat–Sun May 23–24 • 2 days

Sat, Sun • 8:00 AM–4:00 PM • Teen Room 61242

**Kingston** 2 sessions

Sat–Sun Apr 4–Jun 7 • 2 days

Sat, Sun • 8:00 AM–4:00 PM • 61491  
Multi-Purpose Room

Sat, Sun • 8:00 AM–4:00 PM • 61492  
Multi-Purpose Room

## Standard First Aid & CPR-C Recertification

13+ yrs Education • Course

Open to All • \$100

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

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

**Brockville** 1 session

Sun May 24 • 1 class

Sun • May 24 • 8:00 AM–4:00 PM 61243

**Kingston** 1 session

Sun May 10 • 1 class

Sun • May 10 • 9:00 AM–2:00 PM 61493

# Youth Camps



## PA Day

6-10 yrs Recreation • Camp

Open to All • \$49

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

Before and after care available at no cost from 7:30-9:00am & 4:00-5:30pm

 <b>Kingston</b>	2 sessions
 Fri Apr 17–May 29 · 1 class	
<b>Fri</b> • Apr 17 • 9:00 AM–5:00 PM	61478
<b>Fri</b> • May 29 • 9:00 AM–5:00 PM	61479

# Youth Courses



## Babysitting



11-14 yrs Education • Course

Members \$65

Non-Members \$80

Youth learn the basics of how to care for, entertain, and safely supervise young children, gaining confidence and hands-on babysitting skills. Resume building and understanding safety in accepting a babysitting job.

 <b>Brockville</b>	1 session
 Fri Apr 24 · 1 class	
<b>Fri</b> • Apr 24 • 9:00 AM–4:00 PM	61341

 <b>Kingston</b>	1 session
 Fri Apr 17 · 1 class	
<b>Fri</b> • Apr 17 • 9:00 AM–5:00 PM	61477

## Fitness Centre Orientation for Youth

10-12 yrs Fitness • Course

Members Only • Free

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.

**Brockville** 3 sessions

Thu Apr 9–Jun 11 • 1 class

Thu • Apr 9 • 5:00 PM–6:00 PM 61342

Thu • May 14 • 5:00 PM–6:00 PM 61343

Thu • Jun 11 • 5:00 PM–6:00 PM 61344

**Kingston** 2 sessions

Sun Apr 12–19 • 1 class

Sun • Apr 12 • 11:00 AM–12:00 PM 61480

Sun • Apr 19 • 11:00 AM–12:00 PM 61481

## Krafty Kids

6-12 yrs Recreation • Program

Members Only • Free

Creative arts club where children get messy, build new skills, gain confidence, and develop fine motor skills and creative thinking.

**Brockville** 2 sessions

Sat Apr 11–Jun 13 • 9 weeks

9-12 yrs Sat • 10:30 AM–11:15 AM 61337

6-8 yrs Sat • 11:30 AM–12:15 PM 61336

**Kingston** 1 session

Tue Apr 7–Jun 9 • 10 weeks

6-9 yrs Tue • 6:30 PM–7:00 PM 61469

## Teen Cooking Collective

13-18 yrs Recreation • Program

Open to All

Drop-in

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.

**Brockville** 1 session

Wed Apr 8–Jun 10 • 10 weeks

Wed • 3:00 PM–6:30 PM 61345

# Youth Programs

## Youth Fitness

10-13 yrs Fitness • Program

Members Only • Free

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

**Brockville** 1 session  
 Fri Apr 10–Jun 19 · 10 weeks  
**Fri** • 4:00 PM–5:00 PM 61340

**Kingston** 1 session  
 Wed Apr 8–Jun 10 · 10 weeks  
**Wed** • 4:30 PM–5:30 PM 61482

## Leaders in Training

13-16 yrs Education • Program

Members Only • Free

The YMCA's LIT program focuses youth on personal development, leadership skills, and community engagement. Participants gain hands-on experience through mentoring opportunities, workshops, and project involvement, fostering confidence and teamwork. The program emphasizes core values such as respect, responsibility, inclusivity, and caring. Preparing young leaders for future roles in their communities. Through interactive activities and guidance from experienced mentors, participants build essential skills that can be applied in various aspects of life and leadership roles.

**Kingston** 1 session  
 Tue Apr 7–Jun 9 · 10 weeks  
**Tue** • 6:30 PM–8:00 PM 61483

## Work Hard, Eat Well

6-14 yrs Recreation • Program

Members Only • Free

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

Kingston program is drop-in and no registration is 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

Kingston Contact: james.cordier@eo.ymca.ca

**Brockville** 2 sessions  
 Mon Apr 6–Jun 8 · 9 weeks  
 6-9 yrs **Mon** • 5:00 PM–6:00 PM 61338  
 10-12 yrs **Mon** • 6:15 PM–7:15 PM 61339

**Kingston** 1 session  
 Mon–Fri Mar 23–Jun 12 · 12 weeks  
 9-14 yrs **Mon, Fri** • 4:30 PM–7:30 PM Drop-in



# Youth Programs

## Basketball Skills and Development

6-13 yrs Recreation • Program

Members Only • Free

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

**Brockville** 2 sessions

Sat May 9–Jun 13 • 5 weeks

6-9 yrs Sat • 10:30 AM–11:15 AM 61496

10-13 yrs Sat • 11:30 AM–12:30 PM 61497

**Kingston** 2 sessions

Sat Apr 11–Jun 20 • 10 weeks

6-9 yrs Sat • 9:30 AM–10:15 AM 61470

10-13 yrs Sat • 10:30 AM–11:30 AM 61471

## Volleyball

7-13 yrs Recreation • Program

Members Only • Free

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

**Kingston** 2 sessions

Sun Apr 12–Jun 21 • 10 weeks

7-9 yrs Sun • 9:30 AM–10:15 AM 61475

10-13 yrs Sun • 10:30 AM–11:30 AM 61476

## Badminton

9-14 yrs Recreation • Program

Members Only • Free

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

**Kingston** 1 session

Wed Apr 8–Jun 10 • 10 weeks

Wed • 6:45 PM–7:45 PM 61474

## Y Dance

6-13 yrs Recreation • Program

Members Only • Free

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

**Kingston** 2 sessions

Tue Apr 7–Jun 16 • 10 weeks

6-8 yrs Tue • 5:45 PM–6:15 PM 61472

9-13 yrs Tue • 7:05 PM–7:50 PM 61473

## Soccer Skills and Development

7-13 yrs Recreation • Program

Members Only • Free

Looking to improve your game? Our youth soccer program teaches fundamental skills in a safe, social, and encouraging environment through drills, practice, and games.

**Brockville** 2 sessions

Thu May 7–Jun 11 • 5 weeks

7-9 yrs Thu • 5:30 PM–6:15 PM 61494

10-13 yrs Thu • 6:30 PM–7:30 PM 61495

## Cardio & Strength Instructor

16+ yrs Fitness • Certification

Open to All • \$300

YMCA Cardio & Strength 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

 Kingston

1 session

 Mon–Thu Apr 13–May 7 • 3 classes

**Mon** • Apr 13 • 5:00 PM–7:00 PM

**Mon** • May 4 • 5:00 PM–9:00 PM

61484

**Thu** • May 7 • 5:00 PM–9:00 PM

# Karate Programs

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

## Karate - Mini Warriors

5-10 yrs Recreation • Program

Members Only • Free

White belts only. Shotokan karate program for beginners to experienced youth focusing on basics, kata, self-defense and discipline.

**Brockville** 2 sessions

Tue–Thu Apr 7–Jun 18 • 10 weeks

**BEGINNER** Tue • 6:00 PM–6:30 PM 61330

**INTERMEDIATE** Thu • 6:00 PM–6:30 PM 61331

## Karate - Junior Belts

10+ yrs Recreation • Program

Members Only • Free

Junior belts, white – red. Shotokan karate program for advancing belts. Focusing on self-defense, basics, kata and discipline.

**Brockville** 1 session

Tue–Thu Apr 7–Jun 11 • 10 weeks

**Tue, Thu** • 6:30 PM–7:15 PM 61332

## Karate - Senior Belts

10+ yrs Recreation • Program

Members Only • Free

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

**Brockville** 1 session

Tue–Thu Apr 7–Jun 11 • 10 weeks

**Tue, Thu** • 7:15 PM–8:00 PM 61333

## Karate - Vintage

13+ yrs Recreation • Program

Members Only • Free

Focusing on the delivery and power of controlled punch, block & kick designed in the Shotokan style of karate. We promote self-confidence and health. Working in groups increases socialization, physicality, and greater compliance in older adults. Enjoy progressing through the Shotokan belt levels. Family friendly.

**Brockville** 1 session

Tue–Thu Apr 7–Jun 11 • 10 weeks

**Tue, Thu** • 10:00 AM–11:00 AM 61335

## Karate - Blackbelt

13+ yrs Recreation • Program

Members Only • Free

Sunday advancing blackbelts only. Shotokan discipline. Higher skills, training for advancing belts in preparation for advanced dans, next level black belt.

**Brockville** 1 session

Sun Apr 12–Jun 21 • 10 weeks

**ADVANCED** Sun • 9:00 AM–11:00 AM 61334

## Karate - Kingston

5+ yrs Recreation • Program

Members Only • Free

**Kingston** 3 sessions

Wed–Sat Apr 8–Jun 20 • 11 weeks

**5-9 yrs** Wed • 6:30 PM–7:05 PM 61466

**10+ yrs** Wed, Sat • 7:10 PM–8:10 PM • 12:10 PM–1:10 PM 61468

**5-9 yrs** Sat • 11:30 AM–12:05 PM 61467

# 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](http://eo.ymca.ca/policies-and-standards)