



June – September

Program Guide

Registration opens June 16 @8 AM

eo.ymca.ca/onlineregistration



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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
- 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,
Supervisor, Aquatics – Kingston
megan.henry@eo.ymca.ca

Thomas MacMillan,
Supervisor, Aquatics – Brockville, Prescott, St. Lawrence Park
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

To log in to the registration portal, visit:



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



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.



Lifeguarding Courses

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

Bronze Medallion with Basic First Aid & CPR-C

13+ yrs Aquatics • Course

Open to All • \$300

Introductory lifesaving course teaching water rescue skills, physical fitness, and judgment, combined with Basic First Aid & CPR-C.

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

Brockville 1 session • 5 classes
 ☞ Mon–Fri Jul 6–10
 Mon–Fri • Jul 6–10 • 11:00 AM–3:00 PM 64064

Kingston 1 session • 5 classes
 ☞ Mon–Fri Jul 6–10
 Mon–Fri • Jul 6–10 • 12:00 PM–4:00 PM 64157

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 Basic First Aid or Intermediate First Aid. (Emergency First Aid & Standard First Aid are still accepted)

Brockville 1 session • 5 classes
 ☞ Mon–Fri Jul 20–24
 Mon–Fri • Jul 20–24 • 10:00 AM–3:00 PM 64063

Kingston 1 session • 5 classes
 ☞ Mon–Fri Aug 10–14
 Mon–Fri • Aug 10–14 • 12:00 PM–4:00 PM 64156

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 Intermediate First Aid (Standard First Aid still accepted)

Brockville 1 session • 4 classes
 ☞ Sat–Sun Jul 25–Aug 2
 Sat–Sun • Jul 25–26 • 8:00 AM–4:30 PM 64097
 Sat–Sun • Aug 1–2 • 8:00 AM–4:30 PM

Kingston 1 session • 6 classes
 ☞ Fri–Sun Aug 14–23
 Fri • Aug 14 • 4:00 PM–7:30 PM 64193
 Sat–Sun • Aug 15–16 • 8:00 AM–4:00 PM
 Fri • Aug 21 • 4:00 PM–7:30 PM
 Sat–Sun • Aug 22–23 • 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 • 1 class
 ☞ Sun Aug 2
 Sun • Aug 2 • 9:00 AM–2:00 PM 64098

Kingston 1 session • 1 class
 ☞ Sat Jul 4
 Sat • Jul 4 • 8:00 AM–4:00 PM 64195

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

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.

Brockville	3 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 4:15 PM–4:45 PM • Wading Pool	64312
Wed • 10:30 AM–11:00 AM • Wading Pool	64316
Thu • 4:15 PM–4:45 PM • Wading Pool	64314

Kingston	3 sessions • 8 weeks
Mon–Sat Jun 29–Aug 22	
Mon • 5:30 PM–6:00 PM • Leisure Pool	64381
Wed • 5:00 PM–5:30 PM • Leisure Pool	64386
Sat • 9:05 AM–9:35 AM • Leisure Pool	64383

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.

Brockville	3 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 4:15 PM–4:45 PM • Wading Pool	64311
Wed • 10:30 AM–11:00 AM • Wading Pool	64315
Thu • 4:15 PM–4:45 PM • Wading Pool	64313

Kingston	3 sessions • 8 weeks
Sat–Sun Jul 4–Aug 23	
Wed • 5:35 PM–6:05 PM • Leisure Pool	64385
Sat • 11:25 AM–11:55 AM • Leisure Pool	64382
Sun • 9:05 AM–9:35 AM • Leisure Pool	64384

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

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	1 session • 8 weeks
Mon Jun 29–Aug 17	
Mon • 6:10 PM–6:40 PM • Leisure Pool	64389

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	5 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 5:00 PM–5:30 PM • Wading Pool	64317
Tue • 5:35 PM–6:05 PM • Wading Pool	64318
Tue • 6:10 PM–6:40 PM • Wading Pool	64319
Thu • 5:35 PM–6:05 PM • Wading Pool	64325
Thu • 6:45 PM–7:15 PM • Wading Pool	64326

Kingston	8 sessions • 8 weeks
Mon–Sun Jun 29–Aug 23	
Mon • 5:00 PM–5:30 PM • Leisure Pool	64387
Mon • 6:45 PM–7:15 PM • Leisure Pool	64388
Wed • 5:35 PM–6:05 PM • Leisure Pool	64412
Wed • 6:10 PM–6:40 PM • Leisure Pool	64413
Sat • 9:40 AM–10:10 AM • Leisure Pool	64396
Sat • 10:15 AM–10:45 AM • Leisure Pool	64395
Sun • 9:40 AM–10:10 AM • Leisure Pool	64405
Sun • 11:25 AM–11:55 AM • Leisure Pool	64404

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	5 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 5:00 PM–5:30 PM • Wading Pool	64320
Tue • 6:10 PM–6:40 PM • Wading Pool	64321
Thu • 5:00 PM–5:30 PM • Wading Pool	64327
Thu • 5:35 PM–6:05 PM • Wading Pool	64328
Thu • 6:45 PM–7:15 PM • Wading Pool	64329

Kingston	9 sessions • 8 weeks
Mon–Sun Jun 29–Aug 23	
Mon • 5:00 PM–5:30 PM • Leisure Pool	64391
Mon • 6:10 PM–6:40 PM • Leisure Pool	64392
Wed • 5:35 PM–6:05 PM • Leisure Pool	64415
Wed • 6:45 PM–7:15 PM • Leisure Pool	64416
Sat • 9:40 AM–10:10 AM • Leisure Pool	64400
Sat • 10:15 AM–10:45 AM • Leisure Pool	64398
Sat • 11:25 AM–11:55 AM • Leisure Pool	64399
Sun • 9:40 AM–10:10 AM • Leisure Pool	64408
Sun • 11:25 AM–11:55 AM • Leisure Pool	64407

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	4 sessions • 8 weeks
📅 Tue–Thu Jun 30–Aug 20	
Tue • 5:35 PM–6:05 PM • Lap Pool	64322
Tue • 6:45 PM–7:15 PM • Lap Pool	64323
Thu • 5:00 PM–5:30 PM • Lap Pool	64330
Thu • 6:10 PM–6:40 PM • Lap Pool	64331

Kingston	7 sessions • 8 weeks
📅 Mon–Sun Jun 29–Aug 23	
Mon • 5:35 PM–6:05 PM • Leisure Pool	64393
Wed • 6:10 PM–6:40 PM • Leisure Pool	64417
Wed • 6:45 PM–7:15 PM • Leisure Pool	64418
Sat • 9:40 AM–10:10 AM • Leisure Pool	64402
Sat • 11:25 AM–11:55 AM • Leisure Pool	64401
Sun • 9:05 AM–9:35 AM • Leisure Pool	64410
Sun • 10:50 AM–11:20 AM • Leisure Pool	64409

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	2 sessions • 8 weeks
📅 Tue–Thu Jun 30–Aug 20	
Tue • 6:45 PM–7:15 PM • Lap Pool	64324
Thu • 6:10 PM–6:40 PM • Lap Pool	64332

Kingston	4 sessions • 8 weeks
📅 Mon–Sun Jun 29–Aug 23	
Mon • 6:10 PM–6:40 PM • Lap Pool	64390
Wed • 5:00 PM–5:30 PM • Lap Pool	64414
Sat • 11:25 AM–11:55 AM • Lap Pool	64397
Sun • 9:05 AM–9:35 AM • Lap Pool	64406

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	4 sessions • 8 weeks
📅 Tue–Thu Jun 30–Aug 20	
Tue • 5:35 PM–6:05 PM • Lap Pool	64322
Tue • 6:45 PM–7:15 PM • Lap Pool	64323
Thu • 5:00 PM–5:30 PM • Lap Pool	64330
Thu • 6:10 PM–6:40 PM • Lap Pool	64331

Kingston	4 sessions • 8 weeks
📅 Mon–Sun Jun 29–Aug 23	
Mon • 6:10 PM–6:40 PM • Lap Pool	64390
Wed • 5:00 PM–5:30 PM • Lap Pool	64414
Sat • 11:25 AM–11:55 AM • Lap Pool	64397
Sun • 9:05 AM–9:35 AM • Lap Pool	64406

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 • 8 weeks
📅 Tue–Thu Jun 30–Aug 20	
Tue • 6:45 PM–7:15 PM • Lap Pool	64324
Wed • 5:00 PM–5:30 PM • Lap Pool	64333
Thu • 6:10 PM–6:40 PM • Lap Pool	64332

Kingston	4 sessions • 8 weeks
📅 Mon–Sun Jun 29–Aug 23	
Mon • 6:10 PM–6:40 PM • Lap Pool	64394
Wed • 5:00 PM–5:30 PM • Lap Pool	64419
Sat • 9:05 AM–9:35 AM • Lap Pool	64403
Sun • 10:15 AM–10:45 AM • Lap Pool	64411

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	4 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 5:35 PM–6:05 PM • Lap Pool	64291
Tue • 6:45 PM–7:15 PM • Lap Pool	64292
Thu • 5:00 PM–5:30 PM • Lap Pool	64301
Thu • 6:10 PM–6:40 PM • Lap Pool	64302

Kingston	6 sessions • 8 weeks
Mon–Sun Jun 29–Aug 23	
Mon • 5:35 PM–6:05 PM • Leisure Pool	64347
Mon • 6:45 PM–7:15 PM • Leisure Pool	64348
Wed • 5:00 PM–5:30 PM • Leisure Pool	64374
Wed • 7:20 PM–7:50 PM • Leisure Pool	64375
Sat • 10:50 AM–11:20 AM • Leisure Pool	64356
Sun • 10:15 AM–10:45 AM • Leisure Pool	64365

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	4 sessions • 8 weeks
Tue–Thu Jun 30–Aug 20	
Tue • 5:35 PM–6:05 PM • Lap Pool	64293
Tue • 6:45 PM–7:15 PM • Lap Pool	64294
Thu • 5:00 PM–5:30 PM • Lap Pool	64303
Thu • 6:10 PM–6:40 PM • Lap Pool	64304

Kingston	6 sessions • 8 weeks
Mon–Sun Jun 29–Aug 23	
Mon • 6:45 PM–7:15 PM • Leisure Pool	64349
Wed • 5:00 PM–5:30 PM • Leisure Pool	64376
Wed • 7:20 PM–7:50 PM • Leisure Pool	64377
Sat • 9:05 AM–9:35 AM • Leisure Pool	64358
Sat • 10:50 AM–11:20 AM • Leisure Pool	64357
Sun • 10:15 AM–10:45 AM • Leisure Pool	64366

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 4 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 5:35 PM–6:05 PM • Lap Pool 64293

Tue • 6:45 PM–7:15 PM • Lap Pool 64294

Thu • 5:00 PM–5:30 PM • Lap Pool 64303

Thu • 6:10 PM–6:40 PM • Lap Pool 64304

Kingston 7 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 5:35 PM–6:05 PM • Lap Pool 64345

Mon • 7:20 PM–7:50 PM • Lap Pool 64346

Wed • 5:35 PM–6:05 PM • Lap Pool 64372

Wed • 6:10 PM–6:40 PM • Lap Pool 64373

Sat • 10:15 AM–10:45 AM • Lap Pool 64354

Sat • 12:00 PM–12:30 PM • Lap Pool 64355

Sun • 9:40 AM–10:10 AM • Lap Pool 64364

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 4 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 5:00 PM–5:30 PM • Lap Pool 64299

Tue • 6:10 PM–6:40 PM • Lap Pool 64300

Thu • 5:35 PM–6:05 PM • Lap Pool 64309

Thu • 6:45 PM–7:15 PM • Lap Pool 64310

Kingston 6 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 6:45 PM–7:15 PM • Lap Pool 64353

Wed • 6:10 PM–6:40 PM • Lap Pool 64380

Sat • 10:15 AM–10:45 AM • Lap Pool 64362

Sat • 11:25 AM–11:55 AM • Lap Pool 64363

Sun • 10:15 AM–10:45 AM • Lap Pool 64370

Sun • 11:25 AM–11:55 AM • Lap Pool 64371

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 4 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 5:00 PM–5:30 PM • Lap Pool 64295

Tue • 6:10 PM–6:40 PM • Lap Pool 64296

Thu • 5:35 PM–6:05 PM • Lap Pool 64305

Thu • 6:45 PM–7:15 PM • Lap Pool 64306

Kingston 4 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 6:10 PM–6:40 PM • Lap Pool 64350

Wed • 6:45 PM–7:15 PM • Lap Pool 64378

Sat • 10:50 AM–11:20 AM • Lap Pool 64359

Sun • 10:50 AM–11:20 AM • Lap Pool 64367

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 2 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 7:20 PM–8:05 PM • Lap Pool 64297

Thu • 7:20 PM–8:05 PM • Lap Pool 64307

Kingston 4 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 5:00 PM–5:45 PM • Lap Pool 64351

Wed • 6:45 PM–7:30 PM • Lap Pool 64379

Sat • 9:25 AM–10:10 AM • Lap Pool 64360

Sun • 9:25 AM–10:10 AM • Lap Pool 64368

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 4 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 5:00 PM–5:30 PM • Lap Pool 64295

Tue • 6:10 PM–6:40 PM • Lap Pool 64296

Thu • 5:35 PM–6:05 PM • Lap Pool 64305

Thu • 6:45 PM–7:15 PM • Lap Pool 64306

Kingston 4 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 6:10 PM–6:40 PM • Lap Pool 64350

Wed • 6:45 PM–7:15 PM • Lap Pool 64378

Sat • 10:50 AM–11:20 AM • Lap Pool 64359

Sun • 10:50 AM–11:20 AM • Lap Pool 64367

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 2 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 7:20 PM–8:05 PM • Lap Pool 64297

Thu • 7:20 PM–8:05 PM • Lap Pool 64307

Kingston 4 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 5:00 PM–5:45 PM • Lap Pool 64351

Wed • 6:45 PM–7:30 PM • Lap Pool 64379

Sat • 9:25 AM–10:10 AM • Lap Pool 64360

Sun • 9:25 AM–10:10 AM • Lap Pool 64368

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.

Brockville 2 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 7:20 PM–8:05 PM • Lap Pool 64298

Thu • 7:20 PM–8:05 PM • Lap Pool 64308

Kingston 3 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 5:00 PM–5:45 PM • Lap Pool 64352

Sat • 9:25 AM–10:10 AM • Lap Pool 64361

Sun • 9:25 AM–10:10 AM • Lap Pool 64369

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.

Brockville 2 sessions • 8 weeks

Tue–Thu Jun 30–Aug 20

Tue • 7:20 PM–8:05 PM • Lap Pool 64298

Thu • 7:20 PM–8:05 PM • Lap Pool 64308

Kingston 3 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 5:00 PM–5:45 PM • Lap Pool 64352

Sat • 9:25 AM–10:10 AM • Lap Pool 64361

Sun • 9:25 AM–10:10 AM • Lap Pool 64369

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 • 8 weeks
 Tue Jun 30–Aug 18
Tue • 7:20 PM–7:50 PM • Lap Pool 64334

Kingston 4 sessions • 8 weeks
 Mon–Sun Jun 29–Aug 23
Mon • 7:20 PM–7:50 PM • Leisure Pool 64420
Wed • 6:45 PM–7:45 PM • Leisure Pool 64423
Sat • 12:00 PM–12:30 PM • Leisure Pool 64421
Sun • 9:40 AM–10:10 AM • Leisure Pool 64422

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 • 8 weeks
 Tue Jun 30–Aug 18
Tue • 7:20 PM–7:50 PM • Lap Pool 64335

Kingston 2 sessions • 8 weeks
 Sat Jul 4–Aug 22
Wed • 6:10 PM–6:40 PM • Lap Pool 64425
Sat • 11:25 AM–11:55 AM • Lap Pool 64424

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 • 8 weeks
 Tue Jun 30–Aug 18
Tue • 7:20 PM–7:50 PM • Lap Pool 64336

Kingston 1 session • 8 weeks
 Wed Jul 8–Aug 19
Wed • 5:35 PM–6:05 PM • Lap Pool 64426

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 • 8 weeks

Thu Jul 2–Aug 20

Thu • 7:20 PM–7:50 PM • Lap Pool 64288

Kingston 4 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 6:45 PM–7:15 PM • Leisure Pool 64337

Wed • 7:20 PM–7:50 PM • Leisure Pool 64340

Sat • 10:50 AM–11:20 AM • Leisure Pool 64338

Sun • 10:50 AM–11:20 AM • Leisure Pool 64339

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 • 8 weeks

Thu Jul 2–Aug 20

Thu • 7:20 PM–7:50 PM • Lap Pool 64289

Kingston 2 sessions • 8 weeks

Mon–Sun Jun 29–Aug 23

Mon • 7:20 PM–7:50 PM • Lap Pool 64341

Sun • 11:25 AM–11:55 AM • Lap Pool 64342

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 • 8 weeks

Thu Jul 2–Aug 20

Thu • 7:20 PM–7:50 PM • Lap Pool 64290

Kingston 2 sessions • 8 weeks

Mon–Sat Jun 29–Aug 22

Mon • 6:45 PM–7:15 PM • Lap Pool 64343

Sat • 10:15 AM–10:45 AM • Lap Pool 64344

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

8 WEEKS

Private: \$184

Semi-Private:

7 WEEKS

Private: \$161

Semi-Private:

Non Member Rates

8 WEEKS

Private: \$240

Semi-Private:

7 WEEKS

Private: \$210

Semi-Private:

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 • 8 weeks
📅 Tue–Thu Jun 30–Aug 20		
Tue	5:00 PM–5:30 PM • Lap Pool	64112
Tue	5:35 PM–6:05 PM • Lap Pool	64113
Tue	6:10 PM–6:40 PM • Lap Pool	64114
Tue	6:45 PM–7:15 PM • Lap Pool	64115
Thu	5:00 PM–5:30 PM • Lap Pool	64116
Thu	5:35 PM–6:05 PM • Lap Pool	64117
Thu	6:10 PM–6:40 PM • Lap Pool	64118
Thu	6:45 PM–7:15 PM • Lap Pool	64119

📍 Kingston		16 sessions • 8 weeks
📅 Mon–Sun Jun 29–Aug 23		
LAP POOL		
Mon	5:00 PM–5:30 PM	64208
Mon	7:20 PM–7:50 PM	64209
Wed	7:20 PM–7:50 PM	64210
Sat	9:40 AM–10:10 AM	64212
Sat	10:50 AM–11:20 AM	64211
Sun	10:15 AM–10:45 AM	64213
LEISURE POOL		
Mon	5:00 PM–5:30 PM	64268
Mon	6:10 PM–6:40 PM	64269
Mon	7:20 PM–7:50 PM	64270
Wed	5:00 PM–5:30 PM	64271
Wed	6:10 PM–6:40 PM	64272
Sat	10:15 AM–10:45 AM	64273
Sat	10:50 AM–11:20 AM	64274
Sat	12:00 PM–12:30 PM	64275
Sun	11:25 AM–11:55 AM	64276
Sun	9:05 PM–9:35 PM	64277

First Aid Courses

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

Intermediate First Aid with CPR-C

13+ yrs Education • Course

Open to All • \$160

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

Canadian First Aid Manual provided on first day

Brockville 1 session • 2 classes

Sat–Sun Jul 18–19

Sat–Sun • Jul 18–19 • 8:00 AM–4:00 PM 64125

Kingston 2 sessions • 2 classes

Sat–Sun Jul 25–Aug 30

Sat–Sun • Jul 25–26 • 8:00 AM–4:00 PM ###

Sat–Sun • Aug 29–30 • 8:00 AM–4:00 PM ###

Intermediate First Aid & CPR-C Recertification

13+ yrs Education • Course

Open to All • \$100

Intermediate First Aid and CPR-C recertification course to update core first aid and CPR skills. (Standard First Aid & CPR-C can not be recertified as Intermediate First Aid & CPR-C)

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

Brockville 1 session • 1 class

Tue Jul 21

Tue • Jul 21 • 8:00 AM–4:00 PM 64126

Kingston 1 session • 1 class

Tue Jul 7

Tue • Jul 7 • 9:00 AM–5:00 PM 64287

Youth Courses

Fitness Centre Orientation for Youth

10-13 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 2 sessions • 1 class
 Thu Jul 9–Aug 13

10-13 yrs 64054
 Thu • Jul 9 • 5:00 PM–6:00 PM

10-13 yrs 64055
 Thu • Aug 13 • 5:00 PM–6:00 PM

Kingston 2 sessions • 1 class
 Sun Jul 12–Aug 9

10-12 yrs ###
 Sun • Jul 12 • 11:00 AM–12:00 PM

10-12 yrs ###
 Sun • Aug 9 • 11:00 AM–12:00 PM

Youth Programs

Teen Fitness Fridays

NEW

13-18 yrs Fitness • Program

Open to All Drop-in

Enjoy free access to the YMCA every Friday night. Play basketball or pickleball, go for a swim, or work out in the fitness centre. Our friendly fitness team will be on hand to show you how to use the equipment safely, support your goals, and keep things fun.

Brockville 1 session • 8 weeks

Fri Jul 3–Aug 21

Fri • 6:00 PM–8:00 PM

Drop-in

Youth Fitness

NEW

10-13 yrs Fitness • Program

Members Only • Free Drop-in

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 • 8 weeks

Fri Jul 3–Aug 21

Fri • 4:00 PM–5:00 PM

Drop-in

KINGSTON

Neighbourhood Parks Program



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

It is offered from Mondays to Fridays, beginning on July 6 and running to August 28, with the exception of the Civic Holiday on Monday, August 3.

There will be a rotating schedule as follows.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 11:30 AM (2.5hrs)	Cataraqui Woods Park	Shannon Park	Jim Beattie	West Park	Greenwood Park
1 - 3:30 PM (2.5hrs)	West Park	Greenwood Park	Cataraqui Woods Park	Jim Beattie	Shannon Park

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

Important notes for parents and guardians

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

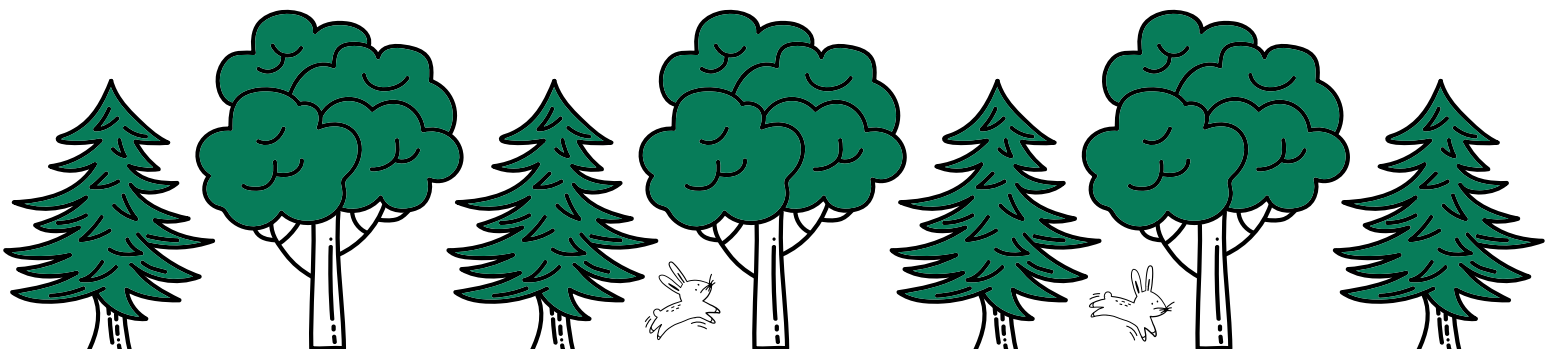
Children should bring:

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



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

eo.ymca.ca/kingston-neighbourhood-parks-program



Adult Courses

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

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 • 3 classes
Mon–Thu Jul 6–23	
Mon • Jul 6 • 5:00 PM–9:00 PM	
Mon • Jul 20 • 5:00 PM–9:00 PM	64144
Thu • Jul 23 • 5:00 PM–9:00 PM	

Karate Programs

Bring active wear, non-marking shoes and water bottle.

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 • 8 weeks
Thu Jul 2–Aug 20	
Thu • 10:00 AM–11:00 AM	64057

Karate - Blackbelt

10+ yrs Recreation • Program

Members Only • Free

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

Brockville	1 session • 8 weeks
Sun Jul 5–Aug 23	
Sun • 9:00 AM–10:00 AM	64056

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 • 8 weeks
Thu Jul 2–Aug 20	
Thu • 7:00 PM–8:00 PM	64143

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