2023
Fall Program Guide
September - December

Registration opens
August 29 at 8am

eo.ymca.ca
### Aquatics (pg. 9 - 13)

**Courses**
- Bronze Medallion w/ Emergency First Aid & CPR-B Ages 13+
- Bronze Cross w/ Standard First Aid & CPR-C Ages 13+
- Bronze Cross (No SFA included) Ages 13+
- Bronze Medallion & Bronze Cross Combo Ages 13+
- Standard First Aid & CPR-C Ages 13+
- Standard First Aid & CPR-C Recertification Ages 13+
- National Lifeguard (Pool) Ages 15+
- National Lifeguard (Pool) Recertification Ages 15+
- Lifesaving Society Swim Instructor Ages 15+

**Programs**
- Swim Precision Ages 15+
- Teen Stroke Development Ages 13-17
- Teen Learn to Swim Ages 13-17
- Adult Learn to Swim Ages 18+

### Youth Rec (pg. 19 - 22)

**Courses**
- Babysitting Course Ages 13-15

**Programs**
- Teen Drop-In Ages 13-18
- Pick-up Basketball Ages 13-18
- Teen Night Ages 13-18
- Krafty Kids Ages 6-12
- Youth Ball Hockey Ages 11-16
- Basketball Skills & Development Ages 6-13
- Work Hard Eat Well Ages 6-14
- Karate Ages 8-12
- Youth Bike Program Ages 6-12
- Y Dance Ages 10-13
- Youth Fitness Ages 10-13

### Adult Fitness (pg. 23)

**Courses**
- Group Fitness Instructor Certification Ages 18+

**Programs**
- Introduction to Karate Ages 16+
- Karate - Senior Belts Ages 16+
- Sunday Blackbelt Ages 16+

### YMCA Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Brockville YMCA</td>
<td>345 Park Street, Brockville</td>
<td>613-342-7961</td>
<td><a href="mailto:brk.membership@eo.ymca.ca">brk.membership@eo.ymca.ca</a></td>
</tr>
<tr>
<td>Kingston YMCA</td>
<td>100 Wright Crescent, Kingston</td>
<td>613-546-2647</td>
<td><a href="mailto:kns.membership@eo.ymca.ca">kns.membership@eo.ymca.ca</a></td>
</tr>
<tr>
<td>St. Lawrence College</td>
<td>100 Portsmouth Avenue, Kingston</td>
<td>613-543-3939</td>
<td><a href="mailto:kns.membership@eo.ymca.ca">kns.membership@eo.ymca.ca</a></td>
</tr>
<tr>
<td>Kingston East Community Centre</td>
<td>779 Highway 15, Kingston</td>
<td>613-546-4291 ext 1907</td>
<td><a href="mailto:kns.membership@eo.ymca.ca">kns.membership@eo.ymca.ca</a></td>
</tr>
</tbody>
</table>
Welcome!

Welcome to The YMCA of Eastern Ontario! We are delighted to bring you our new program guide, filled with activities and programs for all ages and abilities.

The YMCA is more than a facility. It is a movement dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community. Building healthy communities through the power of belonging stems from our values of caring, honesty, respect, responsibility and inclusiveness. These are central to our mission, guiding our behaviours, attitudes and actions.

When you join the Y, you become part of this mission, helping strengthen your community not only through your own journey, but also by bringing programs and services to children, youth, adults and families who may not otherwise be able to access them.

The YMCA of Eastern Ontario is a charity that is committed to giving everyone an opportunity to take part in healthy programs, access safe spaces and build positive social connections.

Where there’s a will, there’s a Y

Let us help you on your fitness journey, no matter where you may be along the path.

Allow our knowledgeable staff guide you in your fitness goals.
Registered Programs
Please notify the Y if your child will be missing a class. Missing two consecutive classes may result in your child’s space being given to a child on the wait list.

Program & Course Refunds
A cancellation request must be completed and received no later than five business days in advance of the course or program Start date to receive a refund of the remaining fees after the cancellation fee is assessed. There is a $20 cancellation fee for each course or program. Refunds will not be provided for a request received less than five business days in advance OR once such course or program has commenced.

Child Protection
All visitors entering our facilities must be signed in at our Member Services desk prior to entering. Example: parents accompanying a child to swim lessons or youth programs

The YMCA is committed to providing a safe and secure environment for all who use our facility. For this reason, all children under the age of 10 must be with a parent or guardian who is at least 16 years of age.

Membership Cancellation
Holds, cancellations and change requests must be submitted in writing 15 days prior to the next scheduled payment, in person at our membership desk or by e-mail.

**Important info**

Want to work at your Y?
Check our website for career and volunteer opportunities.

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

<table>
<thead>
<tr>
<th>Brockville:</th>
<th>Kingston:</th>
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<tr>
<td><a href="mailto:brk.membership@eo.ymca.ca">brk.membership@eo.ymca.ca</a></td>
<td><a href="mailto:kng.membership@eo.ymca.ca">kng.membership@eo.ymca.ca</a></td>
</tr>
<tr>
<td>613-342-7961</td>
<td>613-546-2647</td>
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Membership fees

### Brockville YMCA

<table>
<thead>
<tr>
<th>Monthly Membership</th>
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<tr>
<td>Adult (25-59)</td>
<td>$60.00</td>
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<td>Senior (60+)</td>
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<tr>
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<tr>
<td>Toddler to Youth (0-12)</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Adult (25+)</td>
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<tr>
<td>Youth (13-24)</td>
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<td>Family</td>
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<td>Senior (60+)</td>
<td>$11.05</td>
</tr>
<tr>
<td>Child (0-12)</td>
<td>$5.50</td>
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### Kingston YMCA

<table>
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<tr>
<th>Monthly Membership</th>
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<tbody>
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<table>
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<tr>
<td>TLC Couple</td>
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<table>
<thead>
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<tbody>
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<tr>
<td>Couple/Family</td>
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<td>Senior (60+)</td>
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<td>Student (15+)</td>
<td>$11.50</td>
</tr>
<tr>
<td>Youth (0-14)</td>
<td>$8.25</td>
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Remember, online registration is available!

[eo.ymca.ca/lineregistration](http://eo.ymca.ca/lineregistration)
The benefits of a YMCA of Eastern Ontario membership are many including all-inclusive access to our facilities and non-registered programs.

As a member you can:

- Attend any group fitness classes - get your sweat on in zumba or de-stress in one of our yoga classes.
- Work out in any of our fitness centres - weights and cardio equipment available.
- Play squash at Y Wright Crescent - conveniently book a squash court online up to seven days in advance.
- Swim lengths or enjoy a recreational or leisure swim in one of our swimming pools.
- Participate in our Aquafit classes!
- Learn a new sport like pickleball!
- Access to YMCAs across North America and around the world.

(Some conditions apply).

For more information on a Y membership, please contact our membership team.

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

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

**Bring a friend**
Membership has its privileges.

Share the experience... use your UNLIMITED guest passes to bring a guest to our YMCA.

(Some conditions apply).

**Youth membership**
Youth memberships are all-inclusive.

Not only is full access to the facility included, but so are swimming lessons, youth recreation and sports programs.

(Some conditions apply).
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.

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.

Have you ever wanted to become a fitness professional?

- Do you love fitness and health?
- Are you passionate about personal fitness?
- Are you a person who loves to motivate and share?

We offer certification courses in Personal Training, Group Fitness, Aqua Fitness, Cycle Fit.

If you are interested in applying for one of the courses, please contact our Regional Supervisor of Fitness, Tracy Vallier, at tracy.vallier@eo.ymca.ca
TLC (Total Life Care)

This registered program is for anyone with a chronic condition such as, Cardiac Conditions, Chronic Pain, C.O.P.D., Cancer, etc.

Exercise programs are designed by a personal trainer to include cardio, strength, endurance, and flexibility to meet the individual health and wellness needs of each member. This is a unique program that is based around self-management while gaining support from others, in an organized group of people who are looking to improve their health and lifestyle.

To register for a space please contact Tracy Vallier at tracy.vallier@eo.ymca.ca

Note: TLC membership is required.

Donate to your YMCA and support our financial assistance program

Every dollar you donate helps someone in our community access healthy programs, safe spaces and positive social connections.

Donate today at eo.ymca.ca/donate

Looking for information?

Visit the “what we offer” page of our website to find program guides, schedules, online registration, help with online registration, facility hours and more!

As always, our friendly and helpful member services team is also here to help you.
Courses

Bronze Medallion
w/ Emergency First Aid & CPR-B

Ages 13+

Must be 13 years of age or hold Bronze Star.

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. This course includes Emergency First Aid with CPR-B certification. Bronze Medallion and Emergency First Aid are prerequisites for Bronze Cross.

Members & Non-Members: $210 + HST

BRK Brockville weekend course runs

Friday, October 13 4:30 - 8:30pm
Saturday & Sunday, October 14/15 9am - 5pm

KNG Kingston double weekend course runs

Saturdays & Sundays 9am - 3pm
October 14/15 & 21/22

Bronze Cross
w/ Standard First Aid & CPR-C

Ages 13+

Bronze Medallion and Emergency First Aid or Standard First Aid

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. This course includes the Standard First Aid with CPR-C certification. Bronze Cross and Standard First Aid are prerequisites for advanced training in the Society’s National Lifeguard and leadership certification programs.

Members & Non-Members: $242 + HST

KNG Kingston double weekend course runs

Saturdays & Sundays, 8am - 4pm
November 11/12 & 18/19

Please bring your Canadian Lifesaving Manual.

Bronze Cross (No SFA included)

Bronze Medallion and Emergency First Aid or Standard First Aid

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Members & Non-Members: $175 + HST

BRK Brockville weekend course runs

Friday, November 3 4:30 - 8:30pm
Saturday & Sunday, November 4/5 9 - 5pm

Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites.
Any pre-purchased manuals will be provided at the first class.
Aquatics

Courses

Bronze Medallion & Bronze Cross Combo

Must be 13 years of age or hold Bronze Star.

This course will cover material for Bronze Medallion, Emergency First Aid with CPR-B, and Bronze Cross. Please note that Standard First Aid with CPR-C is not included in this course, which is a prerequisite for National Lifeguard and Lifesaving Society Swim Instructor.

Members & Non-Members: $300 +HST

Kingston course runs
September 18 - December 11
Mondays 5 - 6:30pm

Standard First Aid
& CPR-C

Lifesaving Society’s Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification.

Members & Non-Members: $121 +HST

Brockville weekend course runs
Sat/Sun, November 11/12 9am - 5pm

Kingston weekend course runs
Sat/Sun, November 25/26 9am - 5pm

Copies of the Canadian First Aid Manual are available for purchase in advance of the course for an additional fee.

Standard First Aid
& CPR-C Recertification

Standard First Aid certification remains current for 36 months from the date of certification. As per WSIB regulations, current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society SFA Recertification course. They must recertify with the original certifying agency.

Members & Non-Members: $85 +HST

Brockville day course runs
Sunday, November 12 9am - 5pm

Kingston day course runs
Sunday, November 26 9am - 5pm

Please bring your Canadian First Aid manual.

Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites.

Any pre-purchased manuals will be provided at the first class.
Aquatics

Courses

National Lifeguard (Pool) Ages 15+
Must be minimum 15 years of age and hold Bronze Cross and Standard First Aid certifications.

National Lifeguard Standard is Canada’s professional lifeguard standard. National lifeguard training develops a strong understanding of lifeguarding principles, good judgment as well as a mature and responsible attitude towards the lifeguards’ role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid training. Candidates develop teamwork, leadership, and communication skills. Your Standard First Aid qualification must be from one of the approved Lifesaving Society agencies.

Members & Non-Members: $315 +HST

Brockville double weekend course runs
Fridays, December 8 & 15 4:30 - 8:30pm
Sat/Sun, December 9/10 & 16/17 9am - 5pm

Kingston double weekend course runs
Fridays, December 1 & 8 4:30 - 8:30pm
Sat/Sun, December 2/3 & 9/10 9am - 5pm

Please bring your Canadian Lifesaving & Canadian First Aid manuals.

National Lifeguard (Pool) Recertification Ages 15+
Must have previously held National Lifeguard (Pool) certification.

National Lifeguard certification is current for 2 years and is recertified by completing a National Lifeguard recertification exam. The National Lifeguard recertification exam is your opportunity to demonstrate your skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. Your exam is based on the National Lifeguard Award curriculum. The required content for this curriculum can be found in your Alert textbook and the Canadian Lifesaving Manual.

Members & Non-Members: $84 +HST

Brockville day course runs
Sunday, December 17 9am - 5pm

Kingston day course runs
Sunday, December 10 9am - 5pm

Please bring your Alert manual.

Lifesaving Society Swim Instructor Ages 15+
Must be minimum 15 years of age, and hold Bronze Cross certification.

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life and Canadian Swim Patrol programs.

Members & Non-Members: $150 +HST

Brockville weekend course runs
Thursday, November 30 4 - 9pm
Sat/Sun, November 2/3 9am - 5pm

Kingston weekday course runs
Thursdays, September 21, 28 & October 5, 12, 19, 26

Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites.
Any pre-purchased manuals will be provided at the first class.
Aquatics

Programs

Swim Precision  Ages 15+
The Swim Precision program is for anyone 15+ who is wanting to develop and improve their strokes, improve endurance, or wants an introduction to structured length swimmer. Swim Precision is designed to help improve endurance, technique, and speed.

Members only: $140 +HST

Kingston program runs 13 weeks September 18 - December 11
Mondays 7:15 - 8:15pm

Teen Stroke Development  Ages 13-17
Teen Stroke Development is a program for teens who want to continue to grow and improve upon their swimming strokes. This program is designed for swimmers who already have a foundation of swimming strokes.

FREE for members.
Non-members: $130 +HST

Kingston program runs 13 weeks September 23 - December 16
Saturdays 12:20 - 12:50pm

Teen Learn to Swim  Ages 13-17
Designed for swimmers that have aged out of our learn to swim levels but are still wanting to continue to learn to swim. This program is designed for swimmers who have aged out of the learn to swim levels (Otter, Seal, Dolphin, Swimmer) or have had no swim experience.

FREE for members.
Non-members: $130 +HST

Brockville program runs 13 weeks September 19 - December 12
Tuesdays 6:45 - 7:15pm

Kingston program runs 13 weeks September 18 - December 11
Mondays 7:20 - 7:50pm

Adult Learn to Swim  Ages 18+
Designed for anyone 18+ who wants to learn how to swim. These half hour lessons will focus on a goal-based approach to allow everyone to get to where they want to be in the pool. This program is designed for swimmers who have little to no swim experience.

FREE for members.
Non-members: $130 +HST

Brockville program runs 13 weeks September 21 - December 14
Thursdays 6:45 - 7:15pm

Kingston program runs 13 weeks September 20 - December 13
Wednesdays 7:20 - 7:50pm

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

Aquatic Leadership Program

This program is designed to be a stepping stone for youth who want to pursue the Bronze and Lifeguarding courses but are not old enough, or want more information or experience before taking the courses. The goal of this program is to foster leadership in youth as well as to promote further aquatic education. The curriculum focuses on leadership, team building, and aquatic skills. Learning outcomes include: leadership, team building, physical fitness, goal creation, swimming skills, first aid, and how to become a lifeguard.

FREE for members/members only.

Brockville program runs 13 weeks
September 21 - December 14
Thursdays 6:10 - 7:10pm

Kingston program runs 13 weeks
September 20 - December 13
Wednesdays 6:15 - 7:15pm

Participants should bring a bathing suit, two towels, pen and paper and proof of prerequisites.

Any pre-purchased manuals will be provided at the first class.

Remember, online registration is available!
Learn to Swim

Ages 6 - 10

Participants become comfortable in the water and develop swimming skills like floats, glides, and front and back propulsion.

Members only: $300

Kingston program runs 34 weeks
September 19 - June 6

Tuesdays & Thursdays 5 - 5:45pm

Skill Development

Ages 8 - 12

Participants begin to develop their swimming strokes and other basic skills taught in a competitive swimming environment.

Members only: $400

Kingston program runs 34 weeks
September 19 - June 6

Tuesdays & Thursdays 5 - 5:45pm

Pre-Competitive

Ages 10 - 14

Participants experience a basic training environment. They follow simple workouts as well as continuing with skill development.

Members only: $400

Kingston program runs 34 weeks
September 19 - June 6

Tuesdays & Thursdays 3:30 - 5pm

The Y Penguins program is only offered at the Kingston YMCA

Y PENGUINS

The Y Penguins is a swim program for children diagnosed with a physical disability. This grassroots program helps participants explore their abilities and develop strength, independence and confidence as they pursue their goals in a safe, nurturing environment. Swimmers learn to focus on their abilities while they develop their swimming skills. This program provides opportunities to meet new friends and have fun, while they learn about the exciting sport of competitive swimming.

For questions, please contact Vicki Keith at vicki.keith@eo.ymca.ca
**Private swim lessons**

Our private lessons offer you a private or semi-private class for any swimming ability. You will have the option to work through the YMCA swim curriculum or create a customized goal-based curriculum with our certified instructors.

All private lessons are limited to one participant. If you require a semi-private lesson, register for a private lesson first, then contact Aquatics or Membership Services to complete the subsequent registrations.

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**Private**

- Member: $266.50
- Non-Member: $378.95

**Semi-Private**

- Member: $242.45 per participant
- Non-Member: $319.80 per participant

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**Kingston**

- **Mondays**
  - September 18 - December 11
  - 7:20pm: 2 slots (ages 3-5)
  - 7:55pm: 2 slots (ages 6+)

- **Wednesdays**
  - September 20 - December 13
  - 7:20pm: 2 slots (ages 3-5)
  - 7:55pm: 2 slots (ages 6+)

- **Classes are 30 minutes**

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**Brockville**

- **Tuesdays**
  - September 19 - December 12
  - 5pm: 2 lesson slots
  - 5:35pm: 1 lesson slot
  - 6:10pm: 1 lesson slot

- **Thursdays**
  - September 21 - December 14
  - 5pm: 1 lesson slot
  - 5:35pm: 1 lesson slot
  - 6:10pm: 1 lesson slot

- **Saturns**
  - September 23 - December 15
  - 10am: 1 lesson slot
  - 10:35am: 1 lesson slot
  - 11:10am: 1 lesson slot
  - 11:45am: 1 lesson slot

- **Classes are 30 minutes**

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Requests to cancel a registration must be submitted in writing to rachel.scott@eo.ymca.ca (Kingston) or laurel.wood@eo.ymca.ca (Brockville) at least one week prior to the start of the session.
Knowing how to swim can save your life - or even someone else's. Taught by certified YMCA instructors, our swimming lessons will give you lifelong skills to help you be safe in and around the water. And you just might develop a lifelong passion for swimming!

**Parent & Tot Swim Lessons**

Designed to foster a positive relationship between your child and swimming. The curriculum is focused on fun activities and games in the pool as well as water comfort.

Requires a parent to be in the water handling their child.

**Preschool Swim Lesson Program**

Introduces preschoolers to a wide range of water activities while setting a foundation of swimming skills essential to their safety in water and continuous learning in swim lessons.

- Ages 3 - 5
  - Bobber/Floater
  - Glider/Diver
  - Surfer/Jumper

**Learn to Swim Program**

Designed to build a love for the water and introduce fundamental swim skills to children 6 years and older.

- Ages 6 - 12
  - Otter/Seal
  - Dolphin/Swimmer
  - Star 1

**Star Program**

Focuses on improvement and learning of the core swim strokes as well as confidence in deep water.

- Ages 6 - 12
  - Star 2/3/4

**Star Leadership Program**

Focuses on building endurance while streamlining the core swim strokes. This program will also introduce participants to some basic lifesaving skills included in the Lifesaving Society’s Swim Patrol program.

- Ages 6 - 12
  - Star 5/6
**Brockville**

**Parent & Tot (Ages 3mo - 3yr) | Preschool (Ages 3 - 5) | Learn to Swim + Star 1 (Ages 6 - 12) | Star 2-4 (Ages 6 - 12) | Star 5-6 (Ages 6 - 12)**

**Once a week for 13 weeks, 1 session**

**SESSION RUNS: SEPT 23 - DEC 16**

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<th>11:45 am</th>
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<td>Saturdays</td>
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<td>Bobber/Floater Glider/Diver Orb/Star 2/3/4</td>
<td>Bobber/Floater Surfer/Jumper Otter Swimmer/Star 1</td>
<td>Bobber/Floater Glider/Diver Otter Seal/Dolphin</td>
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**Once a week for 13 weeks, 1 session**

**SESSION RUNS: SEPT 19 - DEC 14**

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<td>Bobber/Floater Glider/Diver Otter Seal/Dolphin Swimmer/Star 1</td>
<td>Bobber/Floater Glider/Diver Otter Seal/Dolphin Star 2/3/4</td>
<td>Bobber/Floater Surfer/Jumper Otter Seal/Dolphin Swimmer/Star 1</td>
<td>Bobber/Floater Otter Seal/Dolphin Swimmer/Star 1 Star 2/3/4 Teen L2S</td>
</tr>
</tbody>
</table>

**Parent & Tot**

9:15 am | 10 am

**Saturdays** | **Tuesdays** | **Thursdays**

A participant will be removed from the registered lesson if:

- You choose to move to a different time or day
- You withdraw from lessons
- Your membership becomes inactive
- You miss 3 consecutive classes without informing us.

If your child requires additional support or may already be receiving additional support at school, please contact us prior to registration.

For any questions or to withdraw from a lesson, please submit a request in writing to laurel.wood@eo.ymca.ca

Not sure what level to register your child in? Find their latest SwimGen report card.

For Brockville

eo.ymca.ca/brk-reportcard
Swim lessons

A participant CANNOT be registered for both a private lesson AND a group lesson in the same session.

Must be a member of the YMCA. Registration is required.

Kingston

Classes are 30 minutes

Parent & Tot (Ages 3mo - 3yr) | Preschool (Ages 3 - 5) | Learn to Swim + Star 1 (Ages 6 - 12) | Star 2-4 (Ages 6 - 12) | Star 5 - 6 (Ages 6 - 12)

Once a week for 13 weeks, 1 session

MORNING

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<tr>
<th>Saturdays</th>
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<tr>
<td></td>
<td>9:25 am</td>
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EVENING

<table>
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<td>5 pm</td>
<td>5:35 pm</td>
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<td></td>
<td>Bobber Seal/Dolphin Star 2/3/4</td>
<td>Bobber Star 5/6</td>
<td>Floater Star 2/3/4</td>
<td>Floater Otter</td>
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<td></td>
<td>Otter</td>
<td>Star 2/3/4</td>
<td>Star 5/6</td>
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</table>

Parent & Tot

<table>
<thead>
<tr>
<th>Saturdays</th>
<th>9:25 am</th>
<th>5 pm</th>
</tr>
</thead>
</table>

SESSION RUNS: SEPT 18 - DEC 16

A participant will be removed from the registered lesson if:

- You choose to move to a different time or day
- You withdraw from lessons
- Your membership becomes inactive
- You miss 3 consecutive classes without informing us.

If your child requires additional support or may already be receiving additional support at school, please contact us prior to registration.

For any questions or to withdraw from a lesson, please submit a request in writing to rachel.scott@eo.ymca.ca

Not sure what level to register your child in?
Find their latest SwimGen report card.

For Kingston
eo.ymca.ca/kng-reportcard
Babysitting Course  

Participants will learn the basics of how to care for, entertain, engage, and safely care for young children. This class is designed to increase confidence while providing hands-on experience with the skills needed to be a babysitter.

**Members:** $55  
**Non-Members:** $70

Brockville day courses run:
- Friday, October 27  
  9am - 5pm
- OR
- Friday, November 24  
  9am - 5pm

Remember, online registration is available!
### Teen Drop-In  
**Ages 13-18**

Our teen drop-in program provides youth between the ages of 13-18 with a safe space to hang out, do crafts, play video games, access wifi, have snacks, and more!

**FREE for all!**

**Drop-in**

_Brockville programs runs 13 weeks_  
**September 18 - December 15**

- Monday - Thursday 2:30 - 6:30pm
- Fridays 2:30 - 6pm

### Pick-up Basketball  
**Ages 13-18**

Looking to get a game in? Join us for a game of pick-up basketball after school and develop your game.

**Free for members/Members only**

**Drop-in**

_Brockville programs runs 13 weeks_  
**September 18 - December 11**

- Mondays 2:30 - 4pm

### Krafty Kids  
**Ages 6-12**

Do you like to get messy and create a work of art? This fun and creative club is just for you! Let your creative mind flow and make something interesting. Children will get the opportunity to build new skills, gain confidence and engage in rewarding relationships. The activities offered encourage the development of fine motor skills and creative thinking.

**Free for members/Members only**

**Brockville programs runs 13 weeks**  
**September 23 - December 16**

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

### Youth Ball Hockey  
**Ages 11-16**

Come join us for a bit of pick-up hockey! This program promises to be fun, inclusive and action packed. Participants will continue to develop their hockey and teamwork skills through gameplay.

**Free for members/Members only**

_Brockville programs runs 13 weeks_  
**September 20 - December 13**

- Wednesdays 6 - 7:30pm

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

*No programming on statutory holidays.*

*Clean indoor athletic shoes & athletic clothing required. Bring a refillable water bottle.*
Karate  
Ages 5+

Beginners to experienced. Come join us as we use a common sense approach to self defense to build the focus and discipline needed to excel in today’s world.

Free for members/Members only

**Brockville programs runs 13 weeks**

September 19 - December 14

**Tuesdays or Thursdays (ages 5-9)**
6 - 6:30pm

**Tuesdays AND Thursdays (ages 10+)**

Junior Belts
6:35 - 7:20pm

Senior Belts
7:25 - 8pm

Y Dance  
Ages 6-12

Dance is form of expression, and more than learning cool tricks and flashy poses. Y Dance is designed to inspire youth to express themselves, learning different styles of dance from hip-hop, breakdance, contemporary, and even Tik-Tok!

Free for members/Members only

**Kingston programs runs 13 weeks**

September 19 to December 12

**Tuesdays (ages 6-8)**
6:30 - 7:00pm

**Tuesdays (ages 9-12)**
7 - 7:45pm

Youth Bike Program  
Ages 8-12

Experience the Fall season biking in Kingston while learning the rules of the road, bike safety, and some basic bike repair skills. This program helps youth develop confidence, and independence, while having fun!

Free for members/Members only

**Kingston programs runs 6 weeks**

September 23 - October 28

Saturdays
10am - 12pm

Bike Helmet and Lock required. Must be able to ride a bike.

**Y Dance**

Ages 6-12

Dance is form of expression, and more than learning cool tricks and flashy poses. Y Dance is designed to inspire youth to express themselves, learning different styles of dance from hip-hop, breakdance, contemporary, and even Tik-Tok!

Free for members/Members only

**Kingston programs runs 13 weeks**

September 19 to December 12

**Tuesdays (ages 6-8)**
6:30 - 7:00pm

**Tuesdays (ages 9-12)**
7 - 7:45pm

Youth Fitness  
Ages 10-13

Physical activity is good for both body and mind. In this 13 week program youth will learn about exercise, and movements to help with agility, balance, and overall physical literacy. Participants will also learn about proper body mechanics and fitness center etiquette. Staying active promotes positive mental health and sleep patterns, while building strong bones and muscles.

Free for members/Members only

**Kingston programs runs 13 weeks**

September 19 - December 15

**Tuesdays**
5:30 - 6:30pm

**OR**

**Fridays**
5:30 - 6:30pm
Programs

Basketball Skills & Development

Looking to up your basketball game? Youth basketball skills and development is the place to be! This program teaches and refines the necessary skills for youth to play basketball in a safe, social, and encouraging environment through individual and group practice, drills, and games.

Free for members/Members only

Brockville programs runs 13 weeks
September 23 - December 16

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

Kingston programs runs 13 weeks
September 23 - December 16

Saturdays (ages 6 - 9) 9:30 - 10:30am
Saturdays (ages 10 - 13) 10:45am - 11:45am

Work Hard Eat Well

This popular and dynamic program will have youth participating in all sorts of fun! Fitness games and teambuilding activities will be included with youth developing their social skills, strength and cardio endurance, along with their balance and coordination. In addition to the fun activities with their peers, participants will enjoy a healthy meal and be introduced to some new and nutritious choices.

FREE for all, registration required

For registration forms or any questions regarding the Brockville program, contact bryan.edgeley@eo.ymca.ca

Brockville programs runs 9 weeks
October 16 - December 11

Mondays (ages 6 - 8) 5 - 6pm
Mondays (ages 9 - 12) 6:15 - 7:30pm

For registration forms or any questions regarding the Kingston program, contact ashley.mcquay@eo.ymca.ca

Kingston programs runs 13 weeks
September 18 - December 15

Thursdays (ages 6 - 8) 4:30 - 7pm
FREE for all. Registration required

Mondays & Fridays (ages 9 - 14) 4:30 - 7:30pm
FREE for all. Drop-in

The Kingston program is specific to North end residents and is funded by Kinsmen Club of Kingston

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

No programming on statutory holidays.

Clean indoor athletic shoes & athletic clothing required.

Bring a refillable water bottle.
Group Fitness Instructor Certification

This course will be a mixture of in-person and self-directed online learning. The course is broken into two segments. The first segment will be basic theory where you will learn anatomy and physiology basics, as well as leadership and program planning. In the second segment participants will move into a chosen stream. Available streams are strength and/or cardio, cycle, and aqua. In this portion you will learn exercise modifications and progressions and cueing techniques for various participants. After successful completion of this course you will receive a YMCA Fitness Certification. This a recognized certification throughout the industry.

**Members:** $380 +HST  
**Non-Members:** $380 +HST

**Kingston course runs**

**Wednesdays 5:30 - 7:30pm**
October 4, November 1 & 22

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Introduction to Karate

**FREE for members/members only.**

This class is designed for adults to continue their studies in karate in a comfortable setting. Participants will develop their fitness while continuing to build their skills in the art of Traditional Shotokan Karate.

**Brockville programs runs 13 weeks**

**September 19 - December 14**

- **Tuesdays** 10:20 - 11:30am
- **Thursdays** 6:35 - 7:20pm

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Karate - Senior Belts

**FREE for members/members only.**

Study the art of Traditional Shotokan Karate. Join us for a common-sense approach to self-defense while improving your fitness, focus, and flexibility. Build the skills to earn a Black Belt.

**Brockville programs runs 13 weeks**

**September 19 - December 14**

- **Tuesdays AND Thursdays** 7:25 - 8pm

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Sunday Blackbelt

**FREE for members/members only.**

Class for advanced adult students. We want to provide an opportunity for all blackbelts to continue or to resume their training. We tailor the class to the needs of the individuals.

**Brockville programs runs 13 weeks**

**September 24 - December 17**

- **Sundays** 9 - 10:30am

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Remember, online registration is available!
Birthday Party @ the YMCA

Looking to host a child’s birthday party?

**Brockville**

Enjoy some time in the pool or the gym followed by a room rental where you can serve cake, open gifts, and play games.

Members: $150  
Non-members: $175

**Bookings available**  
September 23 - December 17

Saturdays (pool) 12:30 - 2:30 pm  
Sundays (gym) 12:30 - 2:30 pm

**BROCKVILLE POOL**  
emily.wimpenny@eo.ymca.ca

**BROCKVILLE GYM**  
bryan.edgeley@eo.ymca.ca

Max 30 participants (including adults).

**Kingston**

We have pool and room rental options available. Feel free to bring your gifts, games, decorations and cake!

**BOOKINGS AVAILABLE**  
September 23 - December 17

Inquire by email for pricing and availability.

**KINGSTON POOL**  
rachel.scott@eo.ymca.ca

**KINGSTON ROOM**  
kirk.watts@eo.ymca.ca
## Admission Standards

The YMCA is committed to providing a safe and enjoyable experience for all of those who use our facility.

<table>
<thead>
<tr>
<th>Age</th>
<th>Building</th>
<th>Pool</th>
<th>Swim Test</th>
<th>Fitness Centre</th>
<th>Group Fitness Class</th>
<th>Functional Fitness/Rig/Turf Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>Within arm’s reach of an adult</td>
<td>Within arm’s reach of an adult</td>
<td>No</td>
<td>No access</td>
<td>No access</td>
<td>No access</td>
</tr>
<tr>
<td>6-9</td>
<td>Supervised by an adult</td>
<td>Supervised by an adult</td>
<td>Yes</td>
<td>No access</td>
<td>No access</td>
<td>Supervised by an adult</td>
</tr>
<tr>
<td>10-12</td>
<td>ACCESS</td>
<td>ACCESS</td>
<td>As Needed</td>
<td>ACCESS</td>
<td>Access for cardio-based classes only</td>
<td>ACCESS</td>
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<td>*orientation recommended</td>
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<tr>
<td>13-14</td>
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<td>*orientation recommended</td>
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### Swim Test

*Children ages 6-9 years may have their swim level assessed every visit.*

- **If they are successful:** May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children’s supervision.
- **If they are not successful:** Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio.
Where to start with YMCA Swimming Lessons?

**Splashers***
Parents participate with children 0-18 mths old with instruction directed toward the parent. The main movement skill taught is to make the child and adult comfortable in the water with the child able to splash both arms and legs.

**Bubblers***
Parents participate with children 18 mths-3 yrs with instruction directed toward the parent. The main movement skill taught is the child able to hold the wall kick feet and blow bubbles.

**Float without assistance?**

**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 floatation device (PFD), assisted jumps into the water, unassisted submersion, blowing bubbles, and retrieving objects.

**Learn To Swim**

- **Otter**
  - Can swim 25m (1 length) without stopping?
- **Seal**
  - Can swim with their arms coming out and breathing to the side?
- **Dolphin**
  - Can swim 400m and can submerge 2m or more to get an object?
- **Swimmer**
  - Can swim 500m and is ready to learn how to save a person?

**Age**
1 2 3 4 5 6 7 8 9 10 11 12 13+

**Parent & Tot**
**Preschool**
**Bobber**
**Floater**
**Glider**
**Diver**
**Surfer***
This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

**Jumper***
In this advanced level, children further refine front and back crawl to distances of 25 - 50m, deep water activities and skills are explored.

*occasionally taught in the same class