2023 Winter Program Guide

December - March

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Intro to Lift Ages 16+

YMCA Locations

Brockville YMCA
345 Park Street,
Brockville
613-342-7961
brk.membership@eo.ymca.ca

Kingston YMCA
100 Wright Crescent,
Kingston
613-546-2647
kng.membership@eo.ymca.ca

SHAC
100 Portsmouth Avenue,
Kingston
613-545-3939
kng.membership@eo.ymca.ca

Kingston East Community Centre
779 Highway 15
613-546-4291 ext 1907
kng.membership@eo.ymca.ca
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. This includes both youth recreation programs and aquatic lessons.

Program & Course Refunds
A cancellation request must be completed and received no later than three business days (72 hours) 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 three business days (72 hours) 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.

In Brockville: brk.membership@eo.ymca.ca
In Kingston: kng.membership@eo.ymca.ca

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

eo.ymca.ca/employment
## Brockville YMCA

<table>
<thead>
<tr>
<th>Monthly Membership</th>
<th>Price</th>
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<tbody>
<tr>
<td>Adult (25-59)</td>
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<td>Family 1 Adult</td>
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## Kingston YMCA

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## Total Life Care (TLC)

| TLC                                    | $77.00  |
| TLC Couple                             | $142.00 |

*Referral required from physician or cardiologist*
Benefits of your membership card

The benefits of a YMCA of Eastern Ontario membership are many including all-inclusive access to our facilities and non-registered programs. 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. (Conditions apply.)

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

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

In Kingston:
613-546-2647 or 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.
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.
Aquatics Courses

**B&K Standard First Aid with CPR-C**  
Ages 13+

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 (if applicable)

**Brockville weekend course**

Saturday & Sunday, February 11/12  
9am - 5pm

**Kingston weekend course**

Saturday & Sunday, February 11/12  
9am - 5pm

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**B&K Bronze Medallion & Emergency First Aid & CPR-B**  
Ages 13+

Prerequisites: Must be minimum 13 years of age or have completion of Bronze Star certification.

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 (if applicable)

**Brockville weekend course**

Friday, January 20  
4:30pm - 8:30pm

Saturday & Sunday, January 21/22  
9am - 5pm

**Kingston weekend course**

Friday, January 20  
4:30pm - 8:30pm

Saturday & Sunday, January 21/22  
9am - 4pm

Does this sound exciting for you? Do you enjoy working with children? Our aquatic scholarship program could cover the cost of all of the above!

Contact the regional supervisor at rachel.scott@eo.ymca.ca
**Bronze Cross & Standard First Aid & CPR-C**  
Ages 13+

**Prerequisites:** Must have Bronze Medallion and Emergency or Standard First aid certifications.

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 (if applicable)

**Brockville double weekend course**
Saturday & Sunday, February 11/12 & 18/19  9am - 5pm

**Kingston double weekend course**
Saturday & Sunday, February 18/19 & 25/26  9am - 5pm

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**National Lifeguard**  
Ages 15+

**Prerequisites:** Must be minimum 15 years of age and have Bronze Cross and Standard First aid certifications. Successful candidates 15 years old cannot legally guard until they are 16 years old.

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 March break course**
Monday - Friday, March 13 - 17  9 - 5pm

**Kingston double weekend course**
Fridays, March 3 & 10  4:30 - 8:30pm
Saturdays & Sundays  9am - 5pm
March 4/5 & 11/12

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**National Lifeguard Recert**  
Ages 15+

**Prerequisites:** Must have National Lifeguard 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 course**
Saturday & Sunday, January 15 & 21  9am - 5pm

**Kingston course**
Sunday, March 12  9am - 5pm
**Swim Precision**  
**Ages 15+**

For questions, please contact Rachel Scott at rachel.scott@eo.ymca.ca

The swim precision program is for anyone 15+ who is wanting to fine tune their strokes, improve endurance, or wants an introduction to structured length swimming. Led by a former competitive swimmer and swim coach, swim precision will have a structured workout to complete each practice designed to help you improve endurance, technique, and speed. Each class will begin with a dry land warm up/stretching and will end with time to ask questions/for feedback.

**Members & Non-Members: $50 +HST**

Kingston programs run 9 weeks  
Jan 9 - Mar 12
Mondays  
6 - 7:30pm
OR
Saturdays  
11am - 12:30pm

I am proud to be a member of the Kingston YMCA because it is not just access to a gymnasium or a pool it is being part of a community. Our family has enjoyed the facilities, the staff and the programs for many years. Our kids took swimming lessons, participated in before and after-school programs and went to summer camps. The staff go beyond their role of fitness instructor or daycare worker or camp counselor they are part of a family and a community that responds to individuals and families that are in need.

Leslie Frise & Lloyd Lockington
The Y Penguins program is only offered at the Kingston YMCA

Y PENGUINS

The Y Penguins has been developed as a swim team for children with physical disabilities and their able-bodied siblings. Through sport these swimmers explore their abilities and develop the confidence to pursue their goals. Participants learn how to focus on their abilities while developing physical and emotional strength, independence and confidence. This program provides opportunities to meet friends and have fun, while building confidence and self-esteem.

For questions, please contact Nick Streicher at nicholas.streicher@eo.ymca.ca

Junior Y Penguins

Ages 6-14

This group includes swimmers who are not registered as competitive swimmers yet. Junior Penguins receive a Y Penguins Swim cap.

Members only: $310

Program runs
September 20 - June 8
Tuesdays & Thursdays
5 - 6pm

Development Y Penguins

Ages 10-14

This group includes competitive swimmers up to 14 years of age. Development Penguins includes Swim Ontario and Swim Canada fees, as well as a Y Penguins Swim cap. A minimum of 2 practices per week is required. Swim meet fees are not included.

Members only: $579

Program runs
September 20 - June 9
Tuesdays & Thursdays
4 - 5pm

Senior Y Penguins

Ages 15-25

Senior Penguins includes competitive swimmers over 15 years of age, or any penguin’s member who is swimming at the Provincial and National level. Senior Y Penguins includes Swim Ontario and Swim Canada fees and a Y Penguins Swim Cap. A minimum of 2 practices per week is required. Swim meet fees are not included.

Members only: $699

Program runs
September 19 - July 21
Mondays & Wednesdays
6:30 - 8:30am
Tuesdays & Thursdays
3:30 - 5pm
Fridays
5 - 6:30pm
Aquatics

**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.

Registration for private lessons will be the same as regular swim lessons – registration can be done online, by phone, or in person. All private lessons are limited to one person in our system. If you require a semi-private lesson, book a private lesson first, then contact aquatics or membership services to complete the subsequent registrations.

<table>
<thead>
<tr>
<th></th>
<th><strong>Private</strong></th>
<th><strong>Semi-Private</strong></th>
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<tbody>
<tr>
<td><strong>Member:</strong></td>
<td>$123.00</td>
<td><strong>Member:</strong> $111.90 per participant</td>
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<tr>
<td><strong>Non-Member:</strong></td>
<td>$174.90</td>
<td><strong>Non-Member:</strong> $147.60 per participant</td>
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### Brockville

- **9 week sessions**
- **Classes are 30 minutes**
- **Session runs:** January 10 - March 11

<table>
<thead>
<tr>
<th><strong>Tuesdays PM</strong></th>
<th><strong>Thursdays PM</strong></th>
<th><strong>Saturdays AM</strong></th>
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<tbody>
<tr>
<td>5:35 1 lesson slot</td>
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<td>6:10 1 lesson slot</td>
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<td>6:45 1 lesson slot</td>
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### Kingston

- **9 week sessions**
- **Classes are 30 minutes**
- **Session runs:** January 10 - March 12

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<th><strong>Mondays PM</strong></th>
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Swim Lessons
Session runs: January 9 - March 12

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!

**Preschool**
Formerly known as Lil Dippers
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 (L2S)**
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
  - Otter/Seal 10+

**Star 1-4**
Focuses on improvement and learning of the core swim strokes as well as confidence in deep water.

- Ages 6 - 12
  - Star 1/2
  - Star 3/4

**Star 5-7**
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
  - Star 7

**Parent & Tot**
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.

- Ages 3 mo - 3 yr
  - Parent & Tot

**Teen Learn to Swim (Teen L2S)**
Made for teens looking to improve technique, become more comfortable in the water or make some friends!

- Ages 13 -17
  - Teen Learn to Swim
  - Drop-in class

**Adult Learn to Swim (Adult L2S)**
Designed for anyone 18+ who wants to refine their swimming skills or learn 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.

- Ages 18+
  - Adult Learn to Swim
  - Drop-in class

YMCA of Eastern Ontario
Aquatics

Swim lessons

Brockville

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<thead>
<tr>
<th>5 pm</th>
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</tbody>
</table>
| Surfer/Jumper | Otter/Seal (10+) | Dolphin/ Swimmer | Otter/Seal | Bobber/Floater
| Otter/Seal | Dolphin/Swimmer | Star 5/6 (60 mins) | Dolphin/Swimmer |
| Star 3/4 | Star 1/2       | Star 1/2       | Bobber/Floater |
|           | Star 7 (60 mins) |               | Otter/Seal |
| Thursdays  |               |               |               |
| Bobber/Floater | Bobber/Floater | Bobber/Floater | Bobber/Floater |
| Glider/Diver | Otter/Seal | Otter/Seal | Glider/Diver |
| Dolphin/Swimmer | Otter/Seal (10+) | Dolphin/ Swimmer | Otter/Seal |
| Otter/Seal | Star 1/2       | Star 3/4       | Dolphin/Swimmer |
| Star 1/2 | Star 3/4       |               | Bobber/Floater |

Parent & Tot

(Ages 3mo - 3yr)

Tuesdays 10 - 10:30 am
Thursdays 10 - 10:30 am
Saturdays 9:15 - 9:45 am

Parent & Tot is a parented lesson which requires a parent to be in the water handling their child.

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

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

Or book a swim assessment (free for members) by contacting:

For Brockville grace.mcarthur@eo.ymca.ca
For Kingston ruby.sinclair@eo.ymca.ca

Participants can only register for one class per session. Must be a member of the YMCA. Registration is required, unless class is Drop-in. Star 5, 6 & 7 classes are 60 minutes. Drop-in class (registration not required).

Once you register for a timeslot, it is yours to keep until:

- 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.
## Swim lessons

### Kingston

- **9 week session**
- **Classes are 30 minutes**
- **Session runs:** January 9 - March 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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**Preschool (Ages 3 - 5)** | **Star 1-4 (Ages 6 - 12)** | **Star 5-7 (Ages 6 - 12)** | **L2S (Ages 6 - 12)** | **Teen L2S (Ages 13 - 17)** | **Adult L2S (Ages 18+)***

### Parent & Tot

- **Wednesdays:** 5 - 5:30 pm
- **Saturdays:** 11:10 - 11:40 pm
- **Sundays:** 11:10 - 11:40 pm

*Parent & Tot is a parented lesson which requires a parent to be in the water handling their child.*

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**Not sure what level to register your child in?**

- Find their latest SwimGen report card…
- For Brockville: [eo.ymca.ca/brk-reportcard](http://eo.ymca.ca/brk-reportcard)
- For Kingston: [eo.ymca.ca/kng-reportcard](http://eo.ymca.ca/kng-reportcard)

- Or book a swim assessment (free for members) by contacting:
  - For Brockville: grace.mcarthur@eo.ymca.ca
  - For Kingston: ruby.sinclair@eo.ymca.ca

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**Once you register for a timeslot, it is yours to keep until:**

- 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.
Babysitting Course

Ages 11 - 14

Participants will learn the basics of how to care for, entertain, engage & safely care for young children. This class is designed for youth ages 11-14 years to increase confidence while providing hands-on experience with the skills needed to be a babysitter.

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

Brockville course runs 5 sessions
Saturdays
Jan 14, 21, 28, Feb 4 & 11
Jan 14 - Feb 11
12:30 - 2:30pm

Birthday Party @ the YMCA

Looking to host a child’s birthday party? Enjoy some time in the pool or the gym followed by a room rental where you can serve cake, open gifts, and play games.

For information or inquiries regarding pool bookings for birthday parties, please contact:

**BROCKVILLE POOL**

grace.mcarthur@eo.ymca.ca

**KINGSTON POOL**

rachel.scott@eo.ymca.ca

**KINGSTON OR BROCKVILLE GYM**

bryan.edgeley@eo.ymca.ca

**Members:** $150
**Non-members:** $175

Maximum 30 participants.
Youth Rec Programs

**BRK Karate**
Ages 5+
FREE for members/members only.
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.

Brockville program runs 9 weeks
Tuesdays OR Thursdays (Ages: 5 - 9) 6 - 6:30 pm
Tuesdays AND Thursdays (Ages: 10+)
Junior Belts 6:35 - 7:25 pm
Advanced Belts 7:25 - 8 pm

**BRK Teen Drop-in**
Ages 13 - 18
FREE for all.

Our Teen Drop-in Centre at Brockville Y is in full swing, offering youth between the ages of 13 and 18 a safe space to hang out, do crafts, play video games, access wifi, have snacks and more.

Brockville program runs 9 weeks
Monday - Thursday 2:30 - 6:30 pm
Fridays 2:30 - 6 pm

**BRK Krafty Kids**
Ages 6 - 12
FREE for members/members only.
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. We will provide a safe environment for your child to build new skills, gain confidence and engage in rewarding relationships. The activities also encourage development of fine motor skills and creative thinking.

Brockville program runs 9 weeks
Saturdays (ages: 6 - 8) 11:30 am - 12:15 pm
Saturdays (ages: 9 - 13) 10:30 - 11:15 am

**BRK Pick up Basketball for Teens**
Ages 13 - 18
FREE for members/members only.

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

Brockville program runs 9 weeks
Mondays 3 - 4:30 pm

**BRK Teen Fitness**
Ages 11-14
FREE for members/members only.

Physical activity is good for both body and mind. During this 6-week program teens will learn about exercise and movement to help with agility, strength, balance, and overall physical literacy. Youth will learn about body mechanics, proper ways to exercise and fitness center etiquette. Staying active promotes positive mental health and sleep patterns, while building strong bones and muscles.

Brockville program runs 6 weeks
Tuesdays 4:30 - 5:30 pm

**BRK Teen Night**
Ages 13 - 18
FREE for all.
Drop-in.

Teen night is back! Youth between the ages of 13 and 18 encouraged to join us for a safe space to hang out, pool and gym access, free wi-fi, snacks and more.

Brockville program runs 9 weeks
Fridays 7 pm - 12 am

*This Program is funded fully by United Way of Leeds & Grenville*

**United Way Leeds & Grenville**

Registration is required for all programs except for those marked Drop-in.
No programming on statutory holidays.
**B&K Work Hard Eat Well**  
* Ages 6 - 13  
FREE for all.

This very popular and dynamic program, will have youth participating in all sorts of fun! Fitness games, team building, and social development skills. Youth will build strength and cardio endurance, and improve balance and coordination, all while having fun with their peers and enthusiastic staff. Healthy meals will also be provided to help introduce some new and nutritious choices.

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

Brockville Program runs 8 weeks

<table>
<thead>
<tr>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 9 years</td>
<td>Jan 11 - Mar 8</td>
<td>4:30 - 5:30 pm</td>
</tr>
<tr>
<td>10 - 13 years</td>
<td></td>
<td>5:45 - 7 pm</td>
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</table>

Registration is required.

**B&K Basketball Skills & Development**  
* Ages 6 - 13  
FREE for members/members only.

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 social, safe, and encouraging environment through individual and group practice, drills, and games.

Brockville program runs 9 weeks

<table>
<thead>
<tr>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 8 years</td>
<td>Jan 14 - Mar 11</td>
<td>10:30 - 11:15 am</td>
</tr>
<tr>
<td>9 - 13 years</td>
<td></td>
<td>11:30am - 12:30pm</td>
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Kingston program runs 9 weeks

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<thead>
<tr>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 8 years</td>
<td>Jan 14 - Mar 11</td>
<td>9:30 - 10:30am</td>
</tr>
<tr>
<td>9 - 12 years</td>
<td></td>
<td>10:45 - 11:45am</td>
</tr>
</tbody>
</table>

Registration is required.

**KNG Youth Fitness**  
* Ages 10 - 13  
FREE for members/members only.

Physical activity is good for both body and mind. During this 6-week program youth will learn about exercise and movement to help with agility, balance, and overall physical literacy. Youth will learn about body mechanics, proper ways to exercise and fitness center etiquette. Staying active promotes positive mental health and sleep patterns, while building strong bones and muscles.

Kingston program runs 6 weeks

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 10 - Feb 17</td>
<td>5:30 - 6:30pm</td>
</tr>
</tbody>
</table>

OR

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays</td>
<td>5:30 - 6:30pm</td>
</tr>
</tbody>
</table>

Registration is required.

**KNG Y Dance**  
* Ages 6 - 12  
FREE for members/members only.

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

Kingston program runs 9 weeks

<table>
<thead>
<tr>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 8 years</td>
<td>Jan 10 - Mar 7</td>
<td>6:30 - 7 pm</td>
</tr>
<tr>
<td>9 - 12 years</td>
<td></td>
<td>7 - 7:45 pm</td>
</tr>
</tbody>
</table>
Since retiring nine years ago I have found our Brockville YMCA is important to my well-being in a number of ways. I enjoy our Y for its pool where I exercise for my physical and mental health and where I meet friends and our wonderful Y staff. To staff and volunteers, congratulations on your excellent community support.

Margaret Williams
**Introduction to Karate**

Ages 16+
FREE for members/members only.

This class is designed to introduce adults to the art of karate in a comfortable setting.

**Brockville program runs 9 weeks** Jan 10 - Mar 9
Tuesdays AND Thursdays 6:35 - 7:20 pm

**Karate**

Ages 16+
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 program runs 9 weeks** Jan 10 - Mar 9
Tuesdays AND Thursdays
Junior Belts 6:35 - 7:20 pm
Senior Belts 7:25 - 8 pm

**Sunday Blackbelt**

Ages 16+
FREE for members/members only.

Class for advanced adult students. This class is tailored to advanced adult karateka. 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 and have participants who haven’t trained in years.

**Brockville program runs 9 weeks** Jan 15 - Mar 12
Sundays 9 - 10:30 am

**Intro to Lift**

Ages 16+

Feeling nervous about entering the fitness center or moving away from your regular routine? Lifting does not need to be scary. Join one of our personal trainers in this small group to learn proper warm-up and stretching as well as basic lifts. In this 4-week program you will learn how to set up a squat rack, how to do a basic back squat, deadlift, and set up the bench for bench press, and how to perform a row.

**Kingston program runs 4 weeks** Jan 23 - Feb 16
Mondays 5:30 - 7pm
OR
Thursdays 10 - 11:30am

**Member Price:** $60 +HST
**Non-Member Price:** $80 +HST

Registration is required for all programs except for those marked Drop-in.
No programming on statutory holidays.

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I love the Y. The staff are competent and caring. The programmes are varied and well run. Beyond that, I am always impressed by the kindness I see to all members by staff. They make the Y inclusive and make us all feel special.

― Patricia Doyle

YMCA of Eastern Ontario
**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>
</tr>
<tr>
<td>13-14</td>
<td>ACCESS</td>
<td>ACCESS</td>
<td>As Needed</td>
<td>ACCESS</td>
<td>ACCESS</td>
<td>ACCESS</td>
</tr>
</tbody>
</table>

**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.

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The programming was creative, different, fun and affordable. There were so many leaders that bonded with my child, I felt she was always given the right kind and best attention. The kindercamp coordinator was sincere and thoughtful, she took the time to call me when my daughter was having a difficult day. I honestly can’t say enough how much I saw my daughter enjoy her experience this summer.

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Anonymous