



January – April

# Program Guide

Registration opens December 16 at 8am

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



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

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

**We are delighted to bring you our program guide, filled with activities and programs for all ages and abilities.**

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

**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.**

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.



## **Brockville**

345 Park Street,  
Brockville  
613-342-7961  
[brk.membership@eoymca.ca](mailto:brk.membership@eoymca.ca)

## **Kingston**

100 Wright Crescent,  
Kingston  
613-546-2647  
[kng.membership@eoymca.ca](mailto:kng.membership@eoymca.ca)

## **Kingston East Community Centre**

779 Highway 15  
613-546-4291 ext 1907  
[kng.membership@eoymca.ca](mailto:kng.membership@eoymca.ca)



# Important Information

## YMCA Programming (Incl. Aquatics)

### Updating Your Membership

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

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

### Attendance, Registration & Cancellations

Your child's participation helps keep programs running smoothly.

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

### Facility Access & Child Safety

Your child's safety is our priority.

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

### Questions? We're here to help.

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

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

## Aquatics Programming

To help every swimmer shine, all lesson participants must:

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

Participants may be removed from a lesson if:

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

### Additional Support Needs

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

### Private Swim Lessons

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

### Finding the Right Swim Level

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

Check your child's SwimGen report card:

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

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

### Aquatics Contacts

**Megan Henry**, Team Lead, Aquatics – Kingston  
[megan.henry@eo.ymca.ca](mailto:megan.henry@eo.ymca.ca)

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

## Looking to register?

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



[eo.ymca.ca/  
online-registration](http://eo.ymca.ca/online-registration)

To log in to the registration portal, visit:



[yeo.my.site.com](http://yeo.my.site.com)



Shine On



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

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

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



# Membership **Benefits**

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

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



## Your membership includes:

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

Some conditions apply.

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

### **In Brockville:**

613-342-7961

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

### **In Kingston:**

613-546-2647

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

### **Bring a friend**

Sharing the Y makes every visit brighter.

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

Some conditions apply.

### **Youth membership**

Youth memberships are fully all-inclusive.

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

# Fitness Orientations

## New to the fitness center? Not sure where to start?

We have four separate fitness center orientations for you.

The best part of these orientations? They are included with your membership and given by a personal trainer or wellness coach.

**Please note:** orientations are mandatory for youth, ages 10-12, to access the fitness center.

To book your session, contact membership services at

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

[kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)  
613-546-2647

Orientations to choose from are:

### Cardio equipment

Fitness staff will take you through using the cardio machines safely.



### Body weight

Nervous about how to do a squat or a lunge? Fitness staff will help you with proper technique.



### Weight equipment

Fitness staff will show you how to set up and safely use the weight machines.



### Free weights

Ever wondered about dumbbells, bars, weight plates and benches? Let our staff help you become comfortable using all the fitness center has to offer.





## Total Life Care (TLC)

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

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



To register for a space  
please contact  
[cassandra.leduc@eo.ymca.ca](mailto:cassandra.leduc@eo.ymca.ca)

## Donate to your YMCA and support our financial assistance program

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

**Donate today at** [eo.ymca.ca/donate](https://eo.ymca.ca/donate)



## Financial Assistance Program

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

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





# Advanced Courses

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

## Bronze Medallion with Emergency First Aid & CPR-B

Aquatics • Lifeguarding

Course

👤 Ages 13+

\$ \$230 + HST

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 13+ 1 session

📅 Jan 10 – Jan 18 • Double Weekend Course

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

📍 Kingston • 👤 Ages 13+ 1 session

📅 Jan 12 – Mar 9 • Weekday Course

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

## Bronze Cross

Aquatics • Lifeguarding

Course

👤 Ages 13+

\$ \$230 + HST

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 13+ 1 session

📅 Jan 31 – Feb 8 • Double Weekend Course

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

📍 Kingston • 👤 Ages 13+ 2 sessions

📅 Jan 17 – Feb 1 • Double Weekend Course

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

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

# Advanced Courses

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

## National Lifeguard (Pool)

Aquatics • Lifeguarding

Course

👤 Ages 15+

\$ \$340 + HST

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 15+

1 session

📅 Feb 27 – Mar 8 • Double Weekend Course

Fri Feb 27, Fri Mar 6 • 5:00–8:00 PM

Sat–Sun Feb 28 – Mar 1, Sat–Sun Mar 7–8 • 8:00 AM–4:00 PM 58413

📍 Kingston • 👤 Ages 15+

2 sessions

📅 Feb 13 – Feb 29 • Double Weekend Course

Fri Feb 13, Feb 27 • 4:30–8:30 PM

Sat–Sun Feb 14–15, Feb 28 – Mar 1 • 9:00 AM–5:00 PM 58523

Fri Mar 13, Mar 27 • 4:30–8:30 PM

Sat–Sun Mar 14–15, Mar 28–29 • 9:00 AM–5:00 PM 58524

## National Lifeguard (Pool) – Recertification

Aquatics • Lifeguarding

Course

👤 Ages 16+

\$ \$100 + HST

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

**Prerequisite:** previously held National Lifeguard (Pool) certification.

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 16+

1 session

📅 Mar 8 • Day Course

Sun Mar 8 • 11:00 AM–4:00 PM

58414

📍 Kingston • 👤 Ages 16+

2 sessions

📅 Mar 1 – 29 • Day Course

Sun Mar 1 • 12:00–5:00 PM

58525

Sun Mar 29 • 12:00–5:00 PM

58526

## Lifesaving Society Swim Instructor

Aquatics • Lifeguarding

Course

👤 Ages 15+

\$ \$180 + HST

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 15+

1 session

📅 Mar 27 – Mar 29 • Weekend Course

Fri Mar 27 • 3:30–8:00 PM

Sat–Sun Mar 28–29 • 8:00 AM–4:00 PM

#####

📍 Kingston • 👤 Ages 15+

1 session

📅 Jan 8 – Feb 12 • Weekday Course

Thu • 5:00–8:30 PM

58527

# Y Penguins **Swim Club**

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

For more information, please contact  
[penguins@eo.ymca.ca](mailto:penguins@eo.ymca.ca)

## Penguins **SKILLS**

Aquatics • Adapted Aquatics

Program

👤 Ages 8–12      \$ \$424

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

YMCA membership required.

### AVAILABLE SESSIONS

📍 Kingston • 👤 Ages 8–12      1 session  
📅 Sep – Jun  
Tue & Thu • 5:00–5:45 PM

## Penguins **SPLASH**

Aquatics • Adapted Aquatics

Program

👤 Ages 6–10      \$ \$318

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

YMCA membership required.

### AVAILABLE SESSIONS

📍 Kingston • 👤 Ages 6–10      1 session  
📅 Sep – Jun  
Tue & Thu • 5:00–5:45 PM

## Penguins **RACE**

Aquatics • Adapted Aquatics

Program

👤 Ages 10–14      \$ \$424

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

YMCA membership required.

### AVAILABLE SESSIONS

📍 Kingston • 👤 Ages 10–14      1 session  
📅 Sep – Jun  
Tue & Thu • 4:00–5:00 PM



# Aquatics

## Where to Start with YMCA Swim Lessons

Taught by certified instructors, our swimming lessons will give you lifelong skills to help you be safe in and around the water – and you just might develop a lifelong passion for swimming!

**Has your child done swimming lessons before in the Lifesaving Society or Red Cross programs?**

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

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

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

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

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

AGE

1 - 2

3 - 5

6 - 12

13+

### Parent & Tot

#### Splasher\*

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

#### Bubbler\*

Parents participate with children 18 mths-3 yrs with instruction directed toward the parent. The main skill taught is the ability of the child to hold the wall while kicking and blowing bubbles.

\*occasionally taught in the same class

### Preschool

#### Bobber

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short swims, assisted floats and propulsion.

Can they put their face in the water when asked?

#### Floater

At this level, children learn deep water awareness, pool rules, how to wear a personal flotation device (PFD), assisted jumps into the water, unassisted submersion, blowing bubbles, and retrieving objects.

Float without assistance?

#### Glider

This intermediate level introduces deep water activities and front and back swims to a distance of 5m.

Comfortable in water where they can't touch the bottom?

#### Diver

In this intermediate level, children continue to develop deep water skills, work on arm action and increase front and back swim distances to 10m.

Kicking on their back and front for 10m?

#### Surfer\*

This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15m - 25m.

#### Jumper\*

Distances of 25 - 50m, deep water activities and skills are explored. In this advanced level, children further refine front and back crawl, standing dive, and surface support for 45 seconds.

\*taught in the same class.

### Child

Float without assistance?

> Otter

Comfortable in water where the surface is over their head?

> Seal

Kicking on their back and front for 10m?

> Dolphin

Can swim 25m (1 length) without stopping?

> Swimmer

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

> Star 1

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

> Star 2

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

> Star 3

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

> Star 4

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

> Star 5/6

Is 13 years old and ready for more?

> Aquatic Leadership Program OR Bronze Levels

### Teen or Adult

#### Learn to Swim

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

# Parent & Tot Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Splasher

Aquatics • Parent & Tot Swim Lesson

Lesson

👤 6-18 months \$ Free for members (members only)

📄 Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-18 months	4 sessions
📅 11 weeks: Jan 6 – Mar 21	
Tue • 4:15–4:45 PM	58417
Wed • 10:30–11:00 AM	58444
Thu • 4:15–4:45 PM	58446
Sat • 9:15–9:45 AM	58473

📍 Kingston • 👤 6-18 months	4 sessions
📅 11 weeks: Jan 5 – Mar 22	
Tue • 10:00–10:30 AM	58558
Thu • 10:30–11:00 AM	58593
Sat • 9:00–9:30 AM	58595
Sun • 9:40–10:10 AM	58623

## Bubblr

Aquatics • Parent & Tot Swim Lesson

Lesson

👤 18 months–3 years \$ Free for members (members only)

📄 Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their legs, assisted front/back floats, and practicing safe swimming.

### AVAILABLE SESSIONS

📍 Brockville • 👤 18 months–3 years	4 sessions
📅 11 weeks: Jan 6 – Mar 21	
Tue • 4:15–4:45 PM	58418
Wed • 10:30–11:00 AM	58445
Thu • 4:15–4:45 PM	58447
Sat • 9:15–9:45 AM	58474

📍 Kingston • 👤 18 months–3 years	4 sessions
📅 11 weeks: Jan 5 – Mar 22	
Tue • 10:30–11:00 AM	58560
Wed • 4:50–5:20 PM	58564
Thu • 10:00–10:30 AM	58591
Sat • 9:35–10:05 AM	58599

## Bobber+

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

\$ Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Kingston • 👤 3-5 years		2 sessions
📅 11 weeks: Jan 5 – Mar 23		
Mon • 5:25–5:55 PM		58539
Sat • 10:45–11:15 AM		58604



# Preschool Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Bobber

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

- 📌 Children gain comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, & safety.

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years 7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM	58419
Tue • 5:35–6:05 PM	58427
Tue • 6:10–6:40 PM	58429
Thu • 5:35–6:05 PM	58453
Thu • 6:45–7:15 PM	58463
Sat • 10:00–10:30 AM	58475
Sat • 11:10–11:40 AM	58485

📍 Kingston • 👤 3-5 years 7 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 4:50–5:20 PM	58532
Mon • 6:00–6:30 PM	58544
Wed • 4:50–5:20 PM	58562
Wed • 6:00–6:30 PM	58574
Sat • 9:35–10:05 AM	58598
Sat • 11:20–11:50 AM	58612
Sun • 10:15–10:45 AM	58629

## Floater

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years 7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM	58420
Tue • 6:10–6:40 PM	58430
Thu • 5:00–5:30 PM	58451
Thu • 5:35–6:05 PM	58454
Thu • 6:45–7:15 PM	58464
Sat • 10:35–11:05 AM	58483
Sat • 11:10–11:40 AM	58486

📍 Kingston • 👤 3-5 years 8 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:25–5:55 PM	58538
Mon • 6:00–6:30 PM	58545
Wed • 5:25–5:55 PM	58568
Wed • 6:00–6:30 PM	58575
Sat • 10:10–10:40 AM	58602
Sat • 10:45–11:15 AM	58606
Sat • 11:20–11:50 AM	58613
Sun • 10:50–11:20 AM	58634

# Preschool Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Glider

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

- 📌 Child is comfortable beginning the transition from shallow to deep water (water is over their head when touching bottom) with assistance. Instruction covers skills such as deep-water activities and assisted front and back floats in deep water, swims of 5m in shallow water.

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years

7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM	58426
Tue • 6:45–7:15 PM	58436
Thu • 5:00–5:30 PM	58450
Thu • 6:10–6:40 PM	58460
Sat • 10:00–10:30 AM	58476
Sat • 10:35–11:05 AM	58482
Sat • 11:45–12:15 PM	58492

📍 Kingston • 👤 3-5 years

6 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 4:50–5:20 PM	58534
Mon • 6:35–7:05 PM	58550
Wed • 6:00–6:30 PM	58576
Wed • 6:35–7:05 PM	58581
Sat • 10:10–10:40 AM	58603
Sat • 10:45–11:15 AM	58605

## Surfer

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years

3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 6:45–7:15 PM	58437
Thu • 6:10–6:40 PM	58461
Sat • 11:45–12:15 PM	58493

📍 Kingston • 👤 3-5 years

4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:35–6:05 PM	58543
Wed • 5:00–5:30 PM	58567
Sat • 10:30–11:00 AM	58607
Sat • 12:30–1:00 PM	58620

# Preschool Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Diver

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years 7 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM	58426
Tue • 6:45–7:15 PM	58436
Thu • 5:00–5:30 PM	58450
Thu • 6:10–6:40 PM	58460
Sat • 10:00–10:30 AM	58476
Sat • 10:35–11:05 AM	58482
Sat • 11:45–12:15 PM	58492

📍 Kingston • 👤 3-5 years 4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:35–6:05 PM	58543
Wed • 5:00–5:30 PM	58567
Sat • 10:30–11:00 AM	58607
Sat • 12:30–1:00 PM	58620

## Jumper

Aquatics • Preschool Swim Lesson

Lesson

👤 3-5 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 3-5 years 3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 6:45–7:15 PM	58437
Thu • 6:10–6:40 PM	58461
Sat • 11:45–12:15 PM	58493

📍 Kingston • 👤 3-5 years 2 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM	58537
Sat • 11:05–11:35 AM	58610



# Child Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Otter

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM	58424
Tue • 6:45–7:15 PM	58434
Thu • 5:00–5:30 PM	58448
Thu • 6:10–6:40 PM	58458
Sat • 10:35–11:05 AM	58480
Sat • 11:45–12:15 PM	58490

📍 Kingston • 👤 6-12 years 7 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 4:50–5:20 PM	58533
Mon • 6:35–7:05 PM	58551
Wed • 5:25–5:55 PM	58570
Wed • 6:35–7:05 PM	58580
Sat • 9:00–9:30 AM	58596
Sat • 10:10–10:40 AM	58601
Sun • 11:25–11:55 AM	58639

## Seal

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM	58425
Tue • 6:45–7:15 PM	58435
Thu • 5:00–5:30 PM	58449
Thu • 6:10–6:40 PM	58459
Sat • 10:35–11:05 AM	58481
Sat • 11:45–12:15 PM	58491

📍 Kingston • 👤 6-12 years 4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:35–6:05 PM	58542
Wed • 5:00–5:30 PM	58566
Wed • 5:35–6:05 PM	58571
Sat • 11:20–11:50 AM	58615

# Child Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Dolphin

Aquatics • Child Swim Lesson

Lesson

- 👤 6-12 years      💰 Free for members (members only)
- 📄 Child spends more time in deep water and works to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds, front glide with kick.

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years      6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:35–6:05 PM	58425
Tue • 6:45–7:15 PM	58435
Thu • 5:00–5:30 PM	58449
Thu • 6:10–6:40 PM	58459
Sat • 10:35–11:05 AM	58481
Sat • 11:45–12:15 PM	58491

📍 Kingston • 👤 6-12 years      3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:35–6:05 PM	58541
Wed • 6:10–6:40 PM	58577
Sat • 11:55–12:25 PM	58617

## Swimmer

Aquatics • Child Swim Lesson

Lesson

- 👤 6-12 years      💰 Free for members (members only)
- 📄 Children can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for a 15m distance. Instruction covers skills such as surface dives and deep water bobs.

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years      6 sessions

📅 11 weeks: Jan 9 – Mar 21

Tue • 5:00–5:30 PM	58421
Tue • 6:10–6:40 PM	58431
Thu • 5:35–6:05 PM	58455
Thu • 6:45–7:15 PM	58465
Sat • 10:00–10:30 AM	58477
Sat • 11:10–11:40 AM	58487

📍 Kingston • 👤 6-12 years      4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM	58536
Mon • 6:10–6:40 PM	58547
Wed • 6:10–6:40 PM	58578
Sat • 10:30–11:00 AM	58609

# Child Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Star 1

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM	58422
Tue • 6:10–6:40 PM	58432
Thu • 5:35–6:05 PM	58456
Thu • 6:45–7:15 PM	58466
Sat • 10:00–10:30 AM	58478
Sat • 11:10–11:40 AM	58488

📍 Kingston • 👤 6-12 years 4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM	58535
Mon • 6:10–6:40 PM	58548
Wed • 5:35–6:05 PM	58573
Sat • 12:30–1:00 PM	58619

## Star 2

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years \$ Free for members (members only)

- 📌 Participants continue to develop front and back crawl to an intermediate standard. Instruction covers skills such as the introduction of breaststroke and an endurance swim of 100m.

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 6 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 5:00–5:30 PM	58422
Tue • 6:10–6:40 PM	58432
Thu • 5:35–6:05 PM	58456
Thu • 6:45–7:15 PM	58466
Sat • 10:00–10:30 AM	58478
Sat • 11:10–11:40 AM	58488

📍 Kingston • 👤 6-12 years 4 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:00–5:30 PM	58535
Mon • 6:10–6:40 PM	58548
Wed • 5:00–5:30 PM	58565
Sat • 12:30–1:00 PM	58619



# Child Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Star 3

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–8:05 PM 58442

Thu • 7:20–8:05 PM 58471

Sat • 11:45–12:30 PM 58494

📍 Kingston • 👤 6-12 years 3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM 58553

Wed • 6:45–7:30 PM 58584

Sat • 10:30–11:15 AM 58608

## Star 4

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years

💰 Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years 3 sessions

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–8:05 PM 58442

Thu • 7:20–8:05 PM 58471

Sat • 11:45–12:30 PM 58494

📍 Kingston • 👤 6-12 years 3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM 58553

Wed • 6:45–7:30 PM 58584

Sat • 11:05–11:50 AM 58611

# Child Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Star 5

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years      💰 Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years      2 sessions

📅 11 weeks: Jan 6 – Mar 19

Tue • 7:20–8:05 PM      58443

Thu • 7:20–8:05 PM      58472

📍 Kingston • 👤 6-12 years      3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM      58554

Wed • 6:45–7:30 PM      58585

Sat • 12:15–1:00 PM      58621

## Star 6

Aquatics • Child Swim Lesson

Lesson

👤 6-12 years      💰 Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 6-12 years      2 sessions

📅 11 weeks: Jan 6 – Mar 19

Tue • 7:20–8:05 PM      58443

Thu • 7:20–8:05 PM      58472

📍 Kingston • 👤 6-12 years      3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 6:45–7:30 PM      58554

Wed • 6:45–7:30 PM      58585

Sat • 12:15–1:00 PM      58621

# Teen Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Teen 1

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 Ages 12–17

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

- 📄 Covers basic water safety skills, breath control, floats, glides, kicking, and basic strokes such as front swim and back swim. This program would best suit individuals who have little to no swimming experience.

### AVAILABLE SESSIONS

📍 Brockville • 👤 12-17 years 1 session

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

58439

📍 Kingston • 👤 13-17 years 2 sessions

📅 11 weeks: Jan 10 – Mar 21

Sat • 11:20–11:50 AM

58614

Sun • 10:50–11:20 AM

58633

## Teen 2/3

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 12-17 years

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

- 📄 Builds upon an already introduced foundation of basic safety skills and breath control, as well as begin to work on front crawl and back crawl for 25-50 metres. This program would best suit individuals who have completed the Teen 1 program, or already have a swimming foundation.

### AVAILABLE SESSIONS

📍 Brockville • 👤 12-17 years 1 session

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

58440

📍 Kingston • 👤 12-17 years 1 session

📅 11 weeks: Jan 11 – Mar 22

Sun • 10:50–11:20 AM

58636

## Teen 4/5

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 12-17 years

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 12-17 years 1 session

📅 11 weeks: Jan 6 – Mar 21

Tue • 7:20–7:50 PM

58441

📍 Kingston • 👤 12-17 years 1 session

📅 11 weeks: Jan 11 – Mar 22

Sun • 11:25–11:55 AM

58641

# Adult Swim lessons

All participants or guardians must review the details regarding lesson policies, cancellation and registration procedures, conditions for removal, special assistance requirements, and custom lesson inquiries on page 4 of this guide.

## Adult 1

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 18+ years

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

- 📘 Covers basic water safety skills, breath control, floats, glides, kicking, and basic strokes such as front swim and back swim. This program would best suit individuals who have little to no swimming experience.

### AVAILABLE SESSIONS

📍 Brockville • 👤 18+ years 1 session

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM 58468

📍 Kingston • 👤 18+ years 3 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 7:10–7:40 PM 58557

Wed • 7:10–7:40 PM 58586

Sun • 11:25–11:55 AM 58638

## Adult 2/3

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 18+ years

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

- 📘 Builds upon an already introduced foundation of basic safety skills and breath control, as well as begin to work on front crawl and back crawl for 25-50 metres. This program would best suit individuals who have completed the Adult 1 program, or already have a swimming foundation.

### AVAILABLE SESSIONS

📍 Brockville • 👤 18+ years 1 session

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM 58469

📍 Kingston • 👤 18+ years 2 sessions

📅 11 weeks: Jan 7 – Mar 22

Wed • 7:35–8:05 PM 58589

Sun • 9:40–10:10 AM 58626

## Adult 4/5

Aquatics • Teen/Adult Swim Lesson

Lesson

👤 18+ years

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 18+ years 1 session

📅 11 weeks: Jan 6 – Mar 17

Thu • 7:20–7:50 PM 58470

📍 Kingston • 👤 18+ years 2 sessions

📅 11 weeks: Jan 7 – Mar 18

Wed • 7:35–8:05 PM 58590

Sun • 10:15–10:45 AM 58631

# Private Swim Lessons

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

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

**Private lessons** are limited to one participant.

## Semi-private lessons

- Register for a private lesson first, then contact Aquatics or Membership Services to complete the subsequent registrations.
- Participants should be of similar skill levels.
- Cost is per swimmer.

### Member Rates

Private: \$253

Semi-Private: \$220/swimmer

### Non-Member Rates

Private: \$330

Semi-Private: \$297/swimmer

## Y-CLUSIVE

An inclusive one-on-one swim lesson program geared towards children and youth with behavioural or learning limitations or difficulties. This program is designed to accommodate different learning styles while providing a fun and safe learning environment in the water. Participants can choose what they want to focus on and create their own goals for the session, including their degree of comfort in and around water, water safety skills and principles, or working on a YMCA swim level. Space is limited and based on instructor availability.

**To get on the list or for more information, contact your aquatics supervisor (See pg 4)**

## Private Swim Lessons

Aquatics • Private Lesson

Lesson

👤 Ages 3+

\$ See Rates

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 3+

4 sessions

📅 11 weeks: Jan 8 – Mar 19

Thu • 5:00–5:30 PM • Lap Pool 58452

Thu • 5:35–6:05 PM • Lap Pool 58457

Thu • 6:10–6:40 PM • Lap Pool 58462

Thu • 6:45–7:15 PM • Lap Pool 58467

📍 Kingston • 👤 Ages 3+

20 sessions

📅 11 weeks: Jan 5 – Mar 23

Mon • 5:25–5:55 PM • Leisure Pool 58540

Mon • 6:00–6:30 PM • Leisure Pool 58546

Mon • 6:10–6:40 PM • Lap Pool 58549

Mon • 6:35–7:05 PM • Leisure Pool 58552

Mon • 7:10–7:40 PM • Leisure Pool 58555

Mon • 7:10–7:40 PM • Leisure Pool 58556

Wed • 4:50–5:20 PM • Leisure Pool 58563

Wed • 5:25–5:55 PM • Leisure Pool 58569

Wed • 5:35–6:05 PM • Lap Pool 58572

Wed • 6:10–6:40 PM • Lap Pool 58579

Wed • 6:35–7:05 PM • Leisure Pool 58582

Wed • 6:45–7:15 PM • Lap Pool 58583

Wed • 7:10–7:40 PM • Leisure Pool 58587

Wed • 7:20–7:50 PM • Lap Pool 58588

Sat • 9:00–9:30 AM • Leisure Pool 58597

Sat • 9:35–10:05 AM • Leisure Pool 58600

Sat • 11:40–12:10 PM • Lap Pool 58616

Sat • 11:55–12:25 PM • Lap Pool 58618

Sun • 9:40–10:10 AM • Leisure Pool 58624

Sun • 10:15–10:45 AM • Leisure Pool 58628



# First Aid Courses

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

## Standard First Aid & CPR-C

Education • First Aid

Course

👤 Ages 13+      💰 \$140 + HST

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 13+      1 session

📅 Feb 21 – Feb 22 • Weekend Course

Sat–Sun Feb 21–22 • 8:00 AM–4:00 PM      58415

📍 Kingston • 👤 Ages 13+      2 sessions

📅 Feb 7–8 • Weekend Course

Sat–Sun Feb 7–8 • 8:30 AM–4:30 PM      58528

Thu–Fri Mar 19–20 • 8:30 AM–4:30 PM      58529

## Standard First Aid & CPR-C – Recertification

Education • First Aid

Course

👤 Ages 13+      💰 \$100 + HST

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 13+      1 session

📅 Feb 22 • Day Course

Sun Feb 22 • 8:00 AM–4:00 PM      58416

📍 Kingston • 👤 Ages 13+      1 session

📅 Mar 8 • Day Course


Sun Mar 8 • 8:30 AM–4:30 PM      58530

## Level Up Swim Camp

Aquatics • Learn to Swim




Camp




 Ages 6–10      \$ \$275

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

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

### AVAILABLE SESSIONS

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


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

## PA Day Variety Camp

Recreation • Arts & Crafts




Camp

 Ages 6–9      \$ \$45

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

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

### AVAILABLE SESSIONS

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

# Youth Courses

## Fitness Centre Orientation for Youth

Education • Leadership

Course

👤 Ages 10–12

\$ Free for members  
(members only)

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

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 10–12 3 sessions

📅 Jan 15 – Mar 12 • Day Course

Thu Jan 15 • 5:00–6:00 PM 58495

Thu Feb 12 5:00–6:00 PM 58496

Thu Mar 12 • 5:00–6:00 PM 58497

📍 Kingston • 👤 Ages 10–12 3 sessions

📅 Jan 11 – Mar 8 • Day Course

Sun Jan 11 • 11:00 AM–12:00 PM 58650

Sun Feb 22 • 11:00 AM–12:00 PM 58651

Sun Mar 8 • 11:00 AM–12:00 PM 58652

## Babysitting Course

Education • Leadership

Course

👤 Ages 11–14

\$ \$65 members / \$80 non-members

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 11–14 1 session

📅 Jan 30 • Day Course

Fri • 9:00 AM–5:00 PM 58498

📍 Kingston • 👤 Ages 11–14 1 session

📅 Jan 30 • Day Course

Fri • 9:00 AM–5:00 PM 58648

# Youth Programs

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

## Krafty Kids

Recreation • Arts & Crafts

Program

👤 Ages 6–12

\$ Free for members  
(members only)

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

### AVAILABLE SESSIONS

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

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

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

## Teen Cooking Collective

Recreation • Social

Program

👤 Ages 13–18

\$ Free to all

- 📌 Revamped teen program providing a friendly, inclusive space to learn cooking skills, connect with peers, hang out, and share a meal together. Includes pool and gym access, free Wi-Fi, snacks, and more.

Drop-in program, no registration required.

### AVAILABLE SESSIONS

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

## Karate

Recreation • Martial Arts

Program

👤 Ages 5–10

\$ Free for members  
(members only)

- 📌 Shotokan karate program for beginners to experienced youth focusing on self-defense, focus, and discipline.

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 5–9 1 session  
📅 Jan 6 – Mar 17 • 11-Week Program  
Tue • 6:00–6:35 PM (Beginners) 58504

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

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

📍 Kingston • 👤 Ages 10+ 1 session  
📅 Jan 7 – Mar 21 • 11-Week Program  
Wed • 7:10–8:10 PM & Sat • 12:10–1:10 PM 58660

# Youth Programs

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

## Work Hard, Eat Well

Recreation • Social

Program

👤 Ages 6–12

\$ Free

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 6–8 1 session  
📅 Jan 12 – Mar 30 • 10-Week Program  
Mon • 5:00–6:00 PM 58499

📍 Brockville • 👤 Ages 9–12 1 session  
📅 Jan 12 – Mar 30 • 10-Week Program  
Mon • 6:15–7:15 PM 58500

✉ [bryan.edgeley@eo.ymca.ca](mailto:bryan.edgeley@eo.ymca.ca)

## Work Hard, Eat Well

Recreation • Social

Program

👤 Ages 9–14

\$ Free to all

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

Drop-in program, no registration required.

The Kingston program is specific to North end residents and is funded by: Kinsmen Club of Kingston, Community Foundation for Kingston & Area, Regina Rosen Food Grant and United Way KFL&A

### AVAILABLE SESSIONS

📍 Kingston • 👤 Ages 9–14 1 session  
📅 Jan 12 – Mar 13 • 9-Week Program  
Mon & Fri • 4:30–7:30 PM

✉ [mikaela.mantha@eo.ymca.ca](mailto:mikaela.mantha@eo.ymca.ca)

## Youth Fitness

Recreation • Sports

Program

👤 Ages 10–13

\$ Free for members  
(members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Ages 10–13 1 session  
📅 Jan 9 – Mar 20 • 11-Week Program  
Fri • 4:00–5:00 PM 58501



**Kin Canada**  
Kinsmen Club  
of Kingston



**United Way**  
Kingston, Frontenac,  
Lennox and Addington



# Youth Programs


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

## Basketball Skills and Development

Recreation • Sports

Program

 Ages 6–13  Free for members (members only)

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

### AVAILABLE SESSIONS

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

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

## Youth Volleyball


Recreation • Sports

Program

 Ages 7–13  Free for members (members only)

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

### AVAILABLE SESSIONS

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


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

## Youth Badminton




Recreation • Sports

Program

 Ages 9–14  Free for members (members only)

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

### AVAILABLE SESSIONS


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

## Y Dance

Recreation • Performing Arts




Program

 Ages 6–13  Free for members (members only)

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

### AVAILABLE SESSIONS

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

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

# Adult Courses

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

## Personal Trainer Certification

Fitness • Fitness Certification

Course

👤 Adults 16+      \$ \$300 + HST

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

**Prerequisite:** current Standard First Aid and CPR-C certification

### AVAILABLE SESSIONS

📍 Kingston • 👤 Adults 16+      1 session

📅 Jan 6 – Feb 19 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM  
Tue Feb 17 • 5:00–9:00 PM  
Wed Feb 18 • 5:00–9:00 PM  
Thu Feb 19 • 5:00–9:00 PM      58644

## Group Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+      \$ \$300 + HST

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

**Prerequisite:** current Standard First Aid and CPR-C certification

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+      1 session

📅 Feb 7 – Mar 8 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM  
Sat Mar 7 • 8:00 AM–4:00 PM  
Sun Mar 8 • 8:00 AM–4:00 PM      58512

📍 Kingston • 👤 Adults 16+      1 session

📅 Jan 6 – Jan 29 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM  
Mon Jan 26 • 5:00–9:00 PM  
Thu Jan 29 • 5:00–9:00 PM      58642

# Adult Courses

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

## Aqua Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+ \$ \$300 + HST

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

**Prerequisite:** current Standard First Aid and CPR-C certification

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+ 1 session

📅 Feb 7 – Mar 15 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM  
Sat Mar 14 • 8:00 AM–4:00 PM  
Sun Mar 15 • 8:00 AM–4:00 PM 58513

📍 Kingston • 👤 Adults 16+ 1 session

📅 Jan 6 – Feb 5 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM  
Mon Feb 2 • 5:00–9:00 PM  
Thu Feb 5 • 5:00–9:00 PM 58643

## Cycle Fitness Instructor

Fitness • Fitness Certification

Course

👤 Adults 16+ \$ \$300 + HST

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

**Prerequisite:** current Standard First Aid and CPR-C certification

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+ 1 session

📅 Feb 7 – Mar 22 • Weekend Course

Sat Feb 7 • 8:00 AM–12:00 PM  
Sat Mar 21 • 8:00 AM–4:00 PM  
Sun Mar 22 • 8:00 AM–4:00 PM 58514

📍 Kingston • 👤 Adults 16+ 1 session

📅 Jan 6 – Feb 12 • Multi-Session Course

Tue Jan 6 • 5:00–7:00 PM  
Mon Feb 9 • 5:00–9:00 PM  
Thu Feb 12 • 5:00–9:00 PM 58645

# Adult Programs

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

## Karate – Senior Belts

Recreation • Martial Arts

Program

👤 Adults 16+      \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+      1 session  
📅 Jan 6 – Mar 18 • 11-Week Program  
Tue & Thu • 7:25–8:00 PM      58510

## Sunday Blackbelt Karate

Recreation • Martial Arts

Program

👤 Adults 16+      \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+      1 session  
📅 Jan 11 – Mar 22 • 11-Week Program  
Sun • 9:00–10:30 AM      58511

## Vintage Karate for Adults

Recreation • Martial Arts

Program

👤 Adults 16+      \$ Free for members (members only)

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

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+      2 sessions  
📅 Jan 6 – Mar 18 • 11-Week Program  
Tue • 10:00–11:30 AM      58508  
Thu • 6:00–7:30 PM      58509

# Adult Programs

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

## Gentle Yoga with Meditation

Group Fitness • Mind & Body

Program

- 👤 Adults 16+      💰 Free for members (members only)
- 📄 Gentle, slow-paced yoga practice focused on deep relaxation, stress reduction, and rejuvenation, incorporating different types of meditation.

### AVAILABLE SESSIONS

📍 Brockville • 👤 Adults 16+      3 sessions	
📅 Jan 17 – Mar 21 • Day Program	
Sat Jan 17 • 10:00 AM–12:00 PM	58515
Sat Feb 21 • 10:00 AM–12:00 PM	58516
Sat Mar 21 • 10:00 AM–12:00 PM	58517

## Restorative Yoga

Group Fitness • Mind & Body

Program

- 👤 Adults 16+      💰 Free for members (members only)
- 📄 Gentle, slow-paced restorative yoga emphasizing stillness, comfort, and long-held, fully-supported poses to promote deep relaxation and nervous system healing.

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

### AVAILABLE SESSIONS

📍 Kingston • 👤 Adults 16+      1 session	
📅 Jan 6 – Feb 3 • 5-Week Program	
Tue • 1:00–2:00 PM	58646



# Facility Admission Standards

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

Age	Building	Pool	Swim Test	Fitness Centre	Group Fitness Class	Functional Fitness/Rig/Turf Area
0-6	Within arm's reach of an adult	Within arm's reach of an adult	Yes	No access	No access	No access
7-9	Supervised by an adult	Supervised by an adult	Yes	No access	No access	Supervised by an adult
10-12	ACCESS	ACCESS *swim test required	Yes	ACCESS *orientation required	Access for cardio-based classes only	ACCESS
13+	ACCESS	ACCESS	As Needed	ACCESS *orientation recommended	ACCESS	ACCESS

## Pool Admission Policy

### Ages 0-6 years

- Must be always within arm's reach of an adult (16+)
- Must remain in the shallow end of the lap or leisure/wading pools
- If they pass a swim test, they may swim in deep end, however, they must remain within arm's reach of an adult
- There is a maximum of 2 children for each adult.

### Ages 7-9 years

- Must be supervised by an adult (16+)
- If unable to pass the swim test, they must remain in the shallow end of the lap or leisure/wading pool and be within an arm's reach of an adult. (red bracelet)
- If they pass the swim test, they may swim in the deep end of the pools, however, there must be an adult with them either on deck or in the water. (green bracelet)
- There is a maximum of 4 children for each adult.

### Ages 10-12 years

- Permitted to swim without an adult in the water or on deck.
- If they pass they swim test, they may swim in the deep end (green bracelet)
- If unable to pass the swim test, they must remain in shallow end or in the leisure/wading pool.
- They must wear a PFD unless able to pass the Armpit Test (Kingston only).

### Ages 13+ years

- Permitted to swim unaccompanied.
- Weak or non-swimmers must either stay in the shallow end of lap pool or the leisure/wading pool or must wear a PFD in deep water.

**Aquatics staff reserve the right to swim test anyone regardless of age, ability, or previous swim test results.**

**Anyone unable or unwilling to comply with the YMCA of Eastern Ontario admission and swim test policies will not be allowed to access the pool.**



View our full policies and standards online at:  
[eo.ymca.ca/policies-and-standards](https://eo.ymca.ca/policies-and-standards)