Shine On Eastern Ontario

September – December

Program Guide

Fall 2026

Registration is open

eo.ymca.ca/onlineregistration

Scan to register, or use the code printed beside each class.

Updated Oct 1, 2026 · Printed Oct 1, 2026

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Class times are boxed by location: Brockville | Kingston | Kingston East Community Centre

Register online at eo.ymca.ca/onlineregistration with the code printed beside each class.

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QUESTIONS?

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

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

Kingston East Community Centre
kng.membership@eo.ymca.ca

REGISTRATION

Open now

Important Information

Fall 2026

Membership & Registration

Attendance, registration & cancellations

- 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.

Updating your membership

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

Facility access & child safety

- 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.

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 — eo.ymca.ca/get-involved

Aquatics Programming

Swim lessons

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

- 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.

Finding the right swim level

- Check your child's SwimGen report card:

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

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

Specialty Offerings

Fall 2026 · programs that are booked or joined differently from the rest

Total Life Care (TLC)

Kingston

A registered exercise program for anyone living with a chronic condition. A personal trainer designs each member's cardio, strength, endurance and flexibility program around their individual health needs, with training in a supportive group built on self-management and shared progress.

Cardiac conditions · Chronic pain · C.O.P.D. · Cancer · and more

Joining TLC

Spaces are limited and members are placed individually, so TLC is not booked online. Contact Cassandra Leduc at the Kingston Y.

cassandra.leduc@eo.ymca.ca

TLC membership is required.

Studio schedule

TLC Studio times are kept up to date online.

eo.ymca.ca/schedules

Birthday Parties

Brockville · Kingston

Celebrate at the Y. Book the pool for a Saturday afternoon and let us handle the swimming while you handle the cake — a party your swimmer will remember, with lifeguards on deck throughout.

Booking a party

Parties run Saturday afternoons and one booking reserves the whole slot, so dates go quickly. Contact Membership Services for available Saturdays, what the package includes, and current rates.

Brockville · brk.membership@eo.ymca.ca **Kingston** · rachel.scott@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

Aquatics

Parent & Tot

Bubbler

1.5-3 yrs Aquatics Members Only · Free

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

Brockville · Wading Pool — 3 sessions · 13 weeks
Tue–Thu Sep 15–Dec 10

Tue	4:15 PM–4:45 PM	66055
Wed	10:30 AM–11:00 AM	66058
Thu	4:15 PM–4:45 PM	66060

Kingston · Leisure Pool — 2 sessions · 13 weeks
Thu–Sun Sep 17–Dec 13

Thu	5:00 PM–5:30 PM	66061
Sun	10:15 AM–10:45 AM	66066

Parent & Tot cont.

Splasher

0.5-1.5 yrs Aquatics Members Only · Free

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

Brockville · Wading Pool — 4 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	4:15 PM–4:45 PM	66056
Wed	10:30 AM–11:00 AM	66059
Thu	4:15 PM–4:45 PM	66062
Sat	9:15 AM–9:45 AM	66065

Kingston · Leisure Pool — 3 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM	66057
Thu	5:35 PM–6:05 PM	66063
Sat	10:15 AM–10:45 AM	66064

Preschool

Bobber

3-5 yrs · Aquatics · Members Only · Free

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

Brockville · Wading Pool — 7 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM 66067	5:35 PM–6:05 PM 66068
	6:10 PM–6:40 PM 66070	
Thu	5:35 PM–6:05 PM 66085	6:45 PM–7:15 PM 66086
Sat	10:00 AM–10:30 AM 66098	11:10 AM–11:40 AM 66099

Kingston · Leisure Pool — 6 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:35 PM–6:05 PM 66069	
Thu	5:00 PM–5:30 PM 66084	
Sat	9:05 AM–9:35 AM 66101	11:25 AM–11:55 AM 66100
Sun	9:05 AM–9:35 AM 66117	11:25 AM–11:55 AM 66116

Bobber+

3-5 yrs · Aquatics · Members Only · Free

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

Kingston · Leisure Pool — 3 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	6:10 PM–6:40 PM	66072
Sat	10:50 AM–11:20 AM	66102
Sun	10:15 AM–10:45 AM	66118

Bobber → Bobber+ → Floater → Glider → Diver → Surfer → Jumper

Preschool cont.

Floater

3-5 yrs · Aquatics · Members Only · Free

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

Brockville · Wading Pool — 7 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM 66075	6:10 PM–6:40 PM 66077
Thu	5:00 PM–5:30 PM 66089	5:35 PM–6:05 PM 66090
	6:45 PM–7:15 PM 66092	
Sat	10:35 AM–11:05 AM 66105	11:10 AM–11:40 AM 66106

Kingston · Leisure Pool — 9 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:35 PM–6:05 PM 66076	6:45 PM–7:15 PM 66078
Thu	6:10 PM–6:40 PM 66091	7:20 PM–7:50 PM 66093
Sat	9:05 AM–9:35 AM 66108	10:15 AM–10:45 AM 66104
	11:25 AM–11:55 AM 66107	
Sun	9:05 AM–9:35 AM 66121	11:25 AM–11:55 AM 66120

Glider

3-5 yrs · Aquatics · Members Only · Free

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

Brockville · Lap Pool — 7 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:35 PM–6:05 PM 66081	6:45 PM–7:15 PM 66082
Thu	5:00 PM–5:30 PM 66095	6:10 PM–6:40 PM 66096
Sat	10:00 AM–10:30 AM 66111	10:35 AM–11:05 AM 66112
	11:45 AM–12:15 PM 66113	

Kingston · Leisure Pool — 6 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:00 PM–5:30 PM 66079	
Thu	6:45 PM–7:15 PM 66094	
Sat	9:40 AM–10:10 AM 66110	10:50 AM–11:20 AM 66109
Sun	9:40 AM–10:10 AM 66123	10:50 AM–11:20 AM 66122

Bobber → Bobber+ → Floater → Glider → Diver → Surfer → Jumper

Preschool cont.

Diver

3-5 yrs · Aquatics · Members Only · Free

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

Brockville · Lap Pool — 7 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:35 PM–6:05 PM	66081	6:45 PM–7:15 PM	66082
Thu	5:00 PM–5:30 PM	66095	6:10 PM–6:40 PM	66096
Sat	10:00 AM–10:30 AM	66111	10:35 AM–11:05 AM	66112
	11:45 AM–12:15 PM	66113		

Kingston · Lap Pool — 5 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:00 PM–5:30 PM	66073	6:45 PM–7:15 PM	66074
Thu	5:00 PM–5:30 PM	66088		
Sat	10:50 AM–11:20 AM	66103		
Sun	9:40 AM–10:10 AM	66119		

Surfer

3-5 yrs · Aquatics · Members Only · Free

Children explore diving, surface support, creative pool entries and extend front and back swim distances to 15m. Instruction covers skills such as retrieving objects from deep water.

Brockville · Lap Pool — 3 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	6:45 PM–7:15 PM	66083
Thu	6:10 PM–6:40 PM	66097
Sat	11:45 AM–12:15 PM	66115

Kingston · Lap Pool — 5 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:00 PM–5:30 PM	66073	6:45 PM–7:15 PM	66074
Thu	5:00 PM–5:30 PM	66088		
Sat	10:50 AM–11:20 AM	66103		
Sun	9:40 AM–10:10 AM	66119		

Bobber → Bobber+ → Floater → Glider → Diver → Surfer → Jumper

Preschool cont.

Jumper

3-5 yrs · Aquatics · Members Only · Free

Children further refine front and back swim to 25m and continue deep water activities. Instruction covers skills such as front and back crawl, standing dive and surface support for 45 seconds.

Brockville · Lap Pool — 3 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	6:45 PM–7:15 PM	66083
Thu	6:10 PM–6:40 PM	66097
Sat	11:45 AM–12:15 PM	66115

Kingston · Lap Pool — 1 session · 13 weeks
Sat Sep 19–Dec 12

Sat	10:50 AM–11:20 AM	66114

Otter → Seal → Dolphin → Swimmer → Star 1 → Star 2 → Star 3 → Star 4 → Star 5 → Star 6

Child

Otter

6-12 yrs · Aquatics · Members Only · Free

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

Brockville · Lap Pool — 6 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:35 PM–6:05 PM	65950	6:45 PM–7:15 PM	65953
Thu	5:00 PM–5:30 PM	65970	6:10 PM–6:40 PM	65972
Sat	10:35 AM–11:05 AM	65991	11:45 AM–12:15 PM	65992

Kingston · Lap Pool — 8 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:35 PM–6:05 PM	65951	6:10 PM–6:40 PM	65952
Thu	5:00 PM–5:30 PM	65971	6:45 PM–7:15 PM	65973
Sat	9:40 AM–10:10 AM	65994	12:00 PM–12:30 PM	65993
Sun	9:05 AM–9:35 AM	66016	10:50 AM–11:20 AM	66015

Child cont.

Seal

6-12 yrs · Aquatics · Members Only · Free

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

Brockville · Lap Pool — 6 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:35 PM–6:05 PM 65956	6:45 PM–7:15 PM 65957
Thu	5:00 PM–5:30 PM 65976	6:10 PM–6:40 PM 65977
Sat	10:35 AM–11:05 AM 65998	11:45 AM–12:15 PM 65999

Kingston · Lap Pool — 9 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:35 PM–6:05 PM 65954	6:10 PM–6:40 PM 65955
Thu	5:00 PM–5:30 PM 65974	7:20 PM–7:50 PM 65975
Sat	9:40 AM–10:10 AM 65997	10:15 AM–10:45 AM 65995
	12:00 PM–12:30 PM 65996	
Sun	9:05 AM–9:35 AM 66018	10:50 AM–11:20 AM 66017

Dolphin

6-12 yrs · Aquatics · Members Only · Free

Children spend more time in deep water and work to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds and front glide with kick.

Brockville · Lap Pool — 6 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:35 PM–6:05 PM 65956	6:45 PM–7:15 PM 65957
Thu	5:00 PM–5:30 PM 65976	6:10 PM–6:40 PM 65977
Sat	10:35 AM–11:05 AM 65998	11:45 AM–12:15 PM 65999

Kingston · Lap Pool — 8 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	6:10 PM–6:40 PM 65949	
Thu	5:35 PM–6:05 PM 65968	6:10 PM–6:40 PM 67116
	7:20 PM–7:50 PM 65969	
Sat	9:05 AM–9:35 AM 65990	10:50 AM–11:20 AM 65989
Sun	10:15 AM–10:45 AM 66013	10:50 AM–11:20 AM 66014

Otter → Seal → Dolphin → Swimmer → Star 1 → Star 2 → Star 3 → Star 4 → Star 5 → Star 6

Child cont.

Swimmer

6-12 yrs · Aquatics · Members Only · Free

Children can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for a 15m distance. Instruction covers skills such as surface dives and deep water bobs.

Brockville · Lap Pool — 6 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM 65965	6:10 PM–6:40 PM 65966
Thu	5:35 PM–6:05 PM 65985	6:45 PM–7:15 PM 65988
Sat	10:00 AM–10:30 AM 66008	11:10 AM–11:40 AM 66010

Kingston · Lap Pool — 7 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	6:10 PM–6:40 PM 65967	
Thu	5:35 PM–6:05 PM 65986	6:10 PM–6:40 PM 65987
Sat	9:05 AM–9:35 AM 66012	10:50 AM–11:20 AM 66009
	12:00 PM–12:30 PM 66011	
Sun	10:15 AM–10:45 AM 66023	

Star 1/2

6-12 yrs · Aquatics · Members Only · Free

Star 1 — Children work on endurance to complete a 75m swim. Instruction covers skills such as enhancing front crawl and back crawl to initial standard, introduction of elementary breaststroke, swimming on back for 25m and treading water for 2 minutes.
Star 2 — Children continue to develop front and back crawl to an intermediate standard. Instruction covers skills such as the introduction of breaststroke and an endurance swim of 100m.

Brockville · Lap Pool — 6 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM 65958	6:10 PM–6:40 PM 65959
Thu	5:35 PM–6:05 PM 65978	6:45 PM–7:15 PM 65979
Sat	10:00 AM–10:30 AM 66000	11:10 AM–11:40 AM 66002

Kingston · Lap Pool — 4 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	6:45 PM–7:15 PM 65960	
Sat	9:40 AM–10:10 AM 66004	
Sun	10:15 AM–10:45 AM 66019	11:25 AM–11:55 AM 66020

Child cont.

Star 3/4

6-12 yrs · Aquatics · Members Only · Free

Star 3 — Children continue 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.
Star 4 — Children build further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke advanced standard 50m.

Brockville · Lap Pool — 3 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	7:20 PM–8:05 PM	65962
Thu	7:20 PM–8:05 PM	65981
Sat	11:45 AM–12:30 PM	66005

Kingston · Lap Pool — 6 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	5:20 PM–6:05 PM	65961	6:45 PM–7:30 PM	66153
Thu	5:20 PM–6:05 PM	65980	6:45 PM–7:30 PM	66146
Sat	9:25 AM–10:10 AM	66006		
Sun	10:50 AM–11:35 AM	66021		

Otter → Seal → Dolphin → Swimmer → Star 1 → Star 2 → Star 3 → Star 4 → Star 5 → Star 6

Child cont.

Star 5/6

6-12 yrs · Aquatics · Members Only · Free

Star 5 — Children work on increasing endurance to complete a 500m swim, swim 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.
Star 6 — Children continue to develop endurance completing a 600m swim, and swim 300m in 9 minutes. Instruction covers skills such as sidestroke advanced standard 25m, and butterfly intermediate standard 15m. Work on the Canadian Swim Patrol curriculum includes carrying a 10lb object for 25m, tow rescue with an aid, and surface dive drills.

Brockville · Lap Pool — 2 sessions · 13 weeks
Tue–Thu Sep 15–Dec 10

Tue	7:20 PM–8:05 PM	65964
Thu	7:20 PM–8:05 PM	65984

Kingston · Lap Pool — 4 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	6:45 PM–7:30 PM	65963
Thu	7:05 PM–7:50 PM	65983
Sat	12:00 PM–12:45 PM	66007
Sun	9:25 AM–10:10 AM	66022

Teen 1 → Teen 2 → Teen 3 → Teen 4 → Teen 5

Teen

Teen 1

13-17 yrs · Aquatics · Members Free · Non-Members $175

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

Brockville · Lap Pool — 1 session · 13 weeks
Tue Sep 15–Dec 8

Tue	7:20 PM–7:50 PM	66154

Kingston · Leisure Pool — 3 sessions · 13 weeks
Thu–Sun Sep 17–Dec 13

Thu	5:35 PM–6:05 PM	66155
Sat	11:25 AM–11:55 AM	66156
Sun	10:50 AM–11:20 AM	66157

Teen 2/3

13-17 yrs · Aquatics · Members Free · Non-Members $175

Swimmers build on an established foundation of basic safety skills and breath control and begin work on front crawl and back crawl for 25-50m. This program would best suit individuals who have completed the Teen 1 program, or already have a swimming foundation.

Brockville · Lap Pool — 1 session · 13 weeks
Tue Sep 15–Dec 8

Tue	7:20 PM–7:50 PM	66158

Kingston · Lap Pool — 4 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	7:20 PM–7:50 PM	66159
Thu	6:10 PM–6:40 PM	66161
Sat	11:25 AM–11:55 AM	66163
Sun	11:25 AM–11:55 AM	66164

Teen 1 → Teen 2 → Teen 3 → Teen 4 → Teen 5

Teen cont.

Teen 4/5

13-17 yrs · Aquatics · Members Free · Non-Members $175

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

Brockville · Lap Pool — 1 session · 13 weeks
Tue Sep 15–Dec 8

Tue	7:20 PM–7:50 PM	66165

Kingston · Lap Pool — 1 session · 13 weeks
Sat Sep 19–Dec 12

Sat	10:15 AM–10:45 AM	66166

Adult 1 → Adult 2 → Adult 3 → Adult 4 → Adult 5

Adult

Adult 1

18+ yrs · Aquatics · Members Free · Non-Members $175

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

Brockville · Lap Pool — 1 session · 13 weeks
Thu Sep 17–Dec 10

Thu	7:20 PM–7:50 PM	65923

Kingston · Leisure Pool — 4 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

Tue	7:20 PM–7:50 PM	65922
Thu	7:20 PM–7:50 PM	65924
Sat	9:40 AM–10:10 AM	65925
Sun	9:40 AM–10:10 AM	65926

Adult 1 → Adult 2 → Adult 3 → Adult 4 → Adult 5

Adult cont.

Adult 2/3

18+ yrs · Aquatics · Members Free · Non-Members $175

Swimmers build on an established foundation of basic safety skills and breath control and begin work on front crawl and back crawl for 25-50m. This program would best suit individuals who have completed the Adult 1 program, or already have a swimming foundation.

Brockville · Lap Pool — 1 session · 13 weeks
Thu Sep 17–Dec 10

Thu	7:20 PM–7:50 PM	65928

Kingston · Lap Pool — 2 sessions · 13 weeks
Thu–Sat Sep 17–Dec 12

Thu	6:45 PM–7:15 PM	65927
Sat	12:00 PM–12:30 PM	65929

Adult 4/5

18+ yrs · Aquatics · Members Free · Non-Members $175

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

Brockville · Lap Pool — 1 session · 13 weeks
Thu Sep 17–Dec 10

Thu	7:20 PM–7:50 PM	65931

Kingston · Lap Pool — 2 sessions · 13 weeks
Tue–Sat Sep 15–Dec 12

Tue	5:00 PM–5:30 PM	65930
Sat	11:25 AM–11:55 AM	65933

Private

Private Swim Lessons

3+ yrs · Aquatics · Members $299 · Non-Members $390

One-on-one or semi-private swim instruction for any ability, taught by a certified instructor. Work through the YMCA swim curriculum or build a customized goal-based plan around your own targets. Private lessons take a single participant; semi-private lessons pair swimmers of similar skill level, and cost is charged per swimmer.

Semi-private: book a private lesson, then ask Aquatics or Membership Services to add a second swimmer of similar level. Per swimmer — $260 members, $351 non-members.

One lesson per participant per session.

Brockville · Lap Pool — 8 sessions · 13 weeks
Tue–Thu Sep 15–Dec 10

	TUE	THU
5:00 PM–5:30 PM	66126	66132
5:35 PM–6:05 PM	66127	66133
6:10 PM–6:40 PM	66128	66134
6:45 PM–7:15 PM	66130	66136

Kingston — 20 sessions · 13 weeks
Tue–Sun Sep 15–Dec 13

LAP POOL

Tue	5:35 PM–6:05 PM 66124	7:20 PM–7:50 PM 66131
Thu	6:10 PM–6:40 PM 66135	6:45 PM–7:15 PM 66137
Sat	10:15 AM–10:45 AM 66138	11:25 AM–11:55 AM 66139
Sun	9:05 AM–9:35 AM 66140	9:05 AM–9:35 AM 67126
	9:40 AM–10:10 AM 66141	

LEISURE POOL

Tue	5:00 PM–5:30 PM 66142	6:10 PM–6:40 PM 66125
	7:20 PM–7:50 PM 66143	
Thu	5:35 PM–6:05 PM 66144	6:10 PM–6:40 PM 66145
Sat	9:05 AM–9:35 AM 66148	10:15 AM–10:45 AM 67117
	12:00 PM–12:30 PM 66147	
Sun	9:40 AM–10:10 AM 66150	10:15 AM–10:45 AM 67118
	11:25 AM–11:55 AM 66149	

Lifeguarding

Bronze Medallion with Basic First Aid & CPR-C

13+ yrs Aquatics Open to All · $250

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

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

Brockville · Lap Pool — 1 session · 3 days
Fri–Sun Sep 18–20

Fri	4:00 PM–7:30 PM	65945
Sat–Sun	8:00 AM–4:00 PM	

Kingston · Lap Pool — 1 session · 3 days
Fri–Sun Sep 18–20

Fri	4:00 PM–7:30 PM	65946
Sat–Sun	8:00 AM–4:00 PM	

Bronze Cross

13+ yrs Aquatics Open to All · $230

Bronze Cross begins the transition from lifesaving to lifeguarding, preparing candidates for responsibilities as assistant lifeguards through advanced lifesaving skills, teamwork, and active surveillance training. A prerequisite for National Lifeguard certification and the Society's leadership courses.

Prerequisite: Bronze Medallion and Basic First Aid or Intermediate First Aid. (Emergency First Aid & Standard First Aid are still accepted)

Bring or purchase a copy of the Canadian Lifesaving Manual.

Brockville · Lap Pool — 1 session · 2 weeks
Sat–Sun Oct 17–25

Sat, Sun	• 8:00 AM–4:00 PM	65943

Kingston · Lap Pool — 1 session · 2 weeks
Fri–Sun Oct 16–25

Fri	4:00 PM–7:30 PM	65944
Sat–Sun	8:00 AM–4:00 PM	

Bronze Star → Bronze Medallion with Basic First Aid & CPR-C → Bronze Cross → National Lifeguard (Pool)

Lifeguarding cont.

National Lifeguard (Pool)

15+ yrs Aquatics Open to All · $340

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

Prerequisite: 15+ years of age and hold Bronze Cross and Intermediate First Aid (Standard First Aid still accepted)

Brockville · Lap Pool — 1 session · 6 classes
Fri–Sun Dec 4–13

Fri	• Dec 4 • 3:30 PM–8:00 PM	66050
Sat–Sun	• Dec 5–6 • 8:00 AM–4:30 PM	
Fri	• Dec 11 • 3:30 PM–8:00 PM	
Sat–Sun	• Dec 12–13 • 8:00 AM–4:30 PM	

Kingston · Lap Pool — 1 session · 6 classes
Fri–Sun Nov 13–22

Fri	• Nov 13 • 4:00 PM–7:30 PM	66049
Sat–Sun	• Nov 14–15 • 8:00 AM–4:00 PM	
Fri	• Nov 20 • 4:00 PM–7:30 PM	
Sat–Sun	• Nov 21–22 • 8:00 AM–4:00 PM	

National Lifeguard (Pool) Recertification

16+ yrs Aquatics Open to All · $100

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

Prerequisite: previously held National Lifeguard (Pool) certification.

Brockville · Lap Pool — 1 session · 1 class
Sun Nov 22

Sun	• Nov 22 • 9:00 AM–2:00 PM	66052

Kingston · Lap Pool — 1 session · 1 class
Sat Oct 3

Sat	• Oct 3 • 8:00 AM–4:00 PM	66051

Bronze Star → Bronze Medallion with Basic First Aid & CPR-C → Bronze Cross → National Lifeguard (Pool)

Lifeguarding cont.

YMCA Swim Instructor

13+ yrs · Aquatics · Open to All · $160

The Y-Instructors course prepares candidates to plan, teach and evaluate YMCA swim lessons.

Brockville · Lap Pool — 1 session · 2 classes
Sat–Sun Nov 7–8

Sat–Sun	Nov 7–8	9:00 AM–5:00 PM	66192

Kingston · Lap Pool — 1 session · 2 classes
Sat–Sun Nov 21–22

Sat–Sun	Nov 21–22	9:00 AM–5:00 PM	66193

Y Penguins Swim Club

Y Penguins

6-14 yrs · Aquatics · Members Only · $330–$435

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.

A YMCA membership is required to participate.

No classes on statutory holidays.

penguins@eo.ymca.ca

Kingston — 3 sessions

LAP POOL

10-14 yrs	**Race** · Sep 15–Jun 10 **Tue, Thu** · 4:00 PM–5:00 PM A basic training environment — simple workouts alongside continued skill development.		*Contact to Register*
8-12 yrs	**Skills** · Sep 15–Jun 10 **Tue, Thu** · 5:00 PM–5:45 PM Beginning to develop swimming strokes and other basic skills, in a competitive swimming environment.		*Contact to Register*

LEISURE POOL

6-10 yrs	**Splash** · Sep 15–Jun 10 **Tue, Thu** · 5:00 PM–5:45 PM Getting comfortable in the water and learning first skills — floats, glides, and front and back propulsion.		*Contact to Register*

Fitness

Fitness Certification

Aqua Fitness Instructor

16+ yrs · Fitness · Open to All · $300

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 Intermediate First Aid and CPR-C certification (formerly Standard First Aid)

Brockville · Cycle Studio — 1 session · 3 classes
Sat–Sun Oct 17–25

Sat • Oct 17 • 10:00 AM–12:00 PM	65935
Sat–Sun • Oct 24–25 • 8:00 AM–4:00 PM	

Cardio & Strength Instructor

16+ yrs · Fitness · Open to All · $300

YMCA Cardio & Strength Instructor course to build knowledge, skills, and confidence to lead safe and effective strength and cardio classes.

Prerequisite: current Intermediate First Aid and CPR-C certification (formerly Standard First Aid)

Brockville · Cycle Studio — 1 session · 3 classes
Sat–Sun Oct 17–Nov 15

Sat • Oct 17 • 10:00 AM–12:00 PM	65948
Sat–Sun • Nov 14–15 • 8:00 AM–4:00 PM	

Kingston · Back on Track Room — 1 session · 3 classes
Mon–Thu Sep 14–Oct 8

Mon • Sep 14 • 5:00 PM–7:00 PM	65947
Mon • Oct 5 • 5:00 PM–9:00 PM	
Thu • Oct 8 • 5:00 PM–9:00 PM	

Orientation

Fitness Centre Orientation for Youth

10-13 yrs · Fitness · Members Only · Free

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

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

Brockville · Fitness Floor — 3 sessions · 1 class
Thu Sep 17–Nov 19

Thu • Sep 17 • 5:00 PM–6:00 PM	66024
Thu • Oct 22 • 5:00 PM–6:00 PM	66027
Thu • Nov 19 • 5:00 PM–6:00 PM	66028

Kingston · Fitness Floor — 2 sessions · 1 class
Sun Sep 20–27

Sun • Sep 20 • 11:00 AM–12:00 PM	66025
Sun • Sep 27 • 11:00 AM–12:00 PM	66026

Wellness

Yoga Meditation Workshop

18+ yrs · Fitness · Members Only · Free

Gentle, slow-paced yoga and meditation practice focused on deep relaxation, stress reduction, and rejuvenation, holding fully supported poses with props to bring the body into rest and recovery.

Hellen Bennett hellen.bennett@eo.ymca.ca

Brockville · Yoga Studio — 4 sessions · 1 class
Sat Sep 5–Dec 5

Sat • Sep 5 • 10:00 AM–12:00 PM	66190
Sat • Oct 3 • 10:00 AM–12:00 PM	67123
Sat • Nov 7 • 10:00 AM–12:00 PM	67124
Sat • Dec 5 • 10:00 AM–12:00 PM	67125

Recreation

Sports

Badminton

9-14 yrs · Recreation · Members Only · Free

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

Kingston · Gym — 1 session · 13 weeks
Wed Sep 16–Dec 9

Wed • 6:45 PM–7:45 PM		65938

Basketball Skills and Development

6-13 yrs · Recreation · Members Only · Free

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

Brockville · Gym B — 2 sessions · 13 weeks
Sat Sep 19–Dec 12

6-9 yrs	**Sat** • 10:30 AM–11:15 AM	65941
10-13 yrs	**Sat** • 11:30 AM–12:30 PM	65939

Kingston · Gym — 2 sessions · 13 weeks
Sat Sep 19–Dec 12

10-13 yrs	**Sat** • 10:30 AM–11:30 AM	65940
6-9 yrs	**Sat** • 11:45 AM–12:30 PM	65942

Soccer Skills and Development

7-13 yrs · Recreation · Members Only · Free

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

Brockville · Gym B — 2 sessions · 13 weeks
Thu Sep 17–Dec 10

7-9 yrs	**Thu** • 5:30 PM–6:15 PM	66152
10-13 yrs	**Thu** • 6:30 PM–7:30 PM	66151

Sports cont.

Volleyball

7-13 yrs · Recreation · Members Only · Free

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

Kingston · Gym — 2 sessions · 13 weeks
Sun Sep 20–Dec 13

7-9 yrs	**Sun** • 9:30 AM–10:15 AM	66169
10-13 yrs	**Sun** • 10:30 AM–11:30 AM	66168

Karate - Mini Warriors → Karate - Junior Belts → Karate - Senior Belts → Karate - Blackbelt

Martial Arts

Karate - Mini Warriors

5-10 yrs · Recreation · Members Only · Free

Shotokan karate for young beginners, focusing on basics, kata, self-defence, and discipline.

White belts only.

Brockville · Gym A — 2 sessions · 13 weeks
Tue–Thu Sep 15–Dec 10

BEGINNER	**Tue** • 6:00 PM–6:30 PM	66037
INTERMEDIATE	**Thu** • 6:00 PM–6:30 PM	66038

Karate - Junior Belts

10+ yrs · Recreation · Members Only · Free

Shotokan karate for advancing junior belts, focusing on self-defence, basics, kata, and discipline.

Junior belts — white to red.

Brockville · Gym A — 1 session · 13 weeks
Tue–Thu Sep 15–Dec 10

Tue, Thu • 6:30 PM–7:00 PM		66036

Karate - Mini Warriors → Karate - Junior Belts → Karate - Senior Belts → Karate - Blackbelt

Martial Arts cont.

Karate - Senior Belts

10+ yrs · Recreation · Members Only · Free

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

Brockville · Gym A — 1 session · 13 weeks
Tue–Thu Sep 15–Dec 10

Tue, Thu	7:00 PM–8:00 PM	66039

Karate - Blackbelt

10+ yrs · Recreation · Members Only · Free

Advanced Shotokan training for black belts working toward their next dan.

Advancing black belts only.

Brockville · Fitness Studio — 1 session · 13 weeks
Sun Sep 20–Dec 13

Sun	10:00 AM–11:00 AM	66035

Karate

5+ yrs · Recreation · Members Only · Free

Traditional Shotokan karate for beginners to experienced participants, focusing on self-defence, focus, and discipline while progressing through the belt levels.

Kingston · Multi-Purpose Room — 3 sessions · 13 weeks
Wed–Sat Sep 16–Dec 12

5-9 yrs	**Wed** 6:30 PM–7:05 PM	66042
10+ yrs	**Wed** 7:10 PM–8:10 PM **Sat** 12:10 PM–1:10 PM	66041
5-9 yrs	**Sat** 11:30 AM–12:05 PM	66043

Karate - Mini Warriors → Karate - Junior Belts → Karate - Senior Belts → Karate - Blackbelt

Martial Arts cont.

Karate - Vintage

13+ yrs · Recreation · Members Only · Free

Shotokan karate focused on the delivery and power of controlled punches, blocks, and kicks. A social, family-friendly way to build self-confidence and health while progressing through the belt levels.

Brockville · Fitness Studio — 1 session · 13 weeks
Tue Sep 15–Dec 8

Tue	10:00 AM–11:00 AM	66040

Arts & Crafts

Krafty Kids

6-13 yrs · Recreation · Members Only · Free

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

Brockville · Cycle Studio — 2 sessions · 13 weeks
Sat Sep 19–Dec 12

9-13 yrs	**Sat** 10:30 AM–11:15 AM	66046
6-8 yrs	**Sat** 11:30 AM–12:15 PM	66044

Kingston · Multi-Purpose Room — 1 session · 13 weeks
Tue Sep 15–Dec 8

6-9 yrs	**Tue** 6:30 PM–7:00 PM	66045

Y Dance

6-13 yrs · Recreation · Members Only · Free

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

Kingston · Fitness Studio — 2 sessions · 13 weeks
Tue Sep 15–Dec 8

6-8 yrs	**Tue** 5:45 PM–6:15 PM	66172
9-13 yrs	**Tue** 7:05 PM–7:50 PM	66173

Social

Introduction to Pickleball

10+ yrs · Recreation · Members Only · Free

Introductory pickleball program where participants learn the rules and nuances of the game in a fun, social setting. Suits brand-new players and anyone looking to sharpen their skills.

Sundays are family friendly.

Brockville · Gym B — 2 sessions · 13 weeks
Wed–Sun Sep 16–Dec 13

18+ yrs	**Wed**	6:00 PM–7:00 PM	66034
10+ yrs	**Sun**	12:30 PM–1:30 PM	66032

Teen Cooking Collective

13-18 yrs · Recreation · Open to All · Drop-in

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

Brockville · Back on Track Room — 1 session · 12 weeks
Wed Sep 23–Dec 9

Wed • 3:30 PM–6:00 PM

Social cont.

Work Hard, Eat Well

7-14 yrs · Recreation · Open to All · Free

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

Kingston program is drop-in and no registration is required

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

The Brockville program is funded by the Brockville and Area Community Foundation

Kingston Contact: Leila Belhis leila.belhis@eo.ymca.ca

Brockville · Gym B — 1 session · 13 weeks
Mon Sep 14–Dec 7

7-13 yrs	**Mon**	5:00 PM–6:30 PM	66170

Kingston · Multi-Purpose Room — 1 session · 13 weeks
Mon–Fri Sep 14–Dec 11

9-14 yrs	**Mon, Fri**	4:30 PM–7:30 PM	66171

Camps

PA Day

6-10 yrs · Recreation · Open to All · $49

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

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

Kingston · Back on Track Room — 2 sessions · 1 class
Mon–Fri Oct 26–Nov 20

Mon	Oct 26	9:00 AM–5:00 PM	66053
Fri	Nov 20	9:00 AM–5:00 PM	66054

Education

First Aid

Intermediate First Aid with CPR-C

13+ yrs · Education · Open to All · $160

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

Canadian First Aid Manual provided on first day

Brockville · Back on Track Room — 1 session · 2 days
Sat–Sun Oct 3–4

Sat, Sun • 8:00 AM–4:00 PM — 66029

Kingston · Multi-Purpose Room — 1 session · 2 days
Sat–Sun Nov 7–8

Sat, Sun • 8:00 AM–4:00 PM — 66030

Intermediate First Aid & CPR-C Recertification

13+ yrs · Education · Open to All · $100

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

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

Brockville · Back on Track Room — 1 session · 1 class
Tue Oct 6

Tue • Oct 6 • 8:00 AM–4:00 PM — 66031

Leadership

Babysitting Course

11-14 yrs · Education · Members $65 · Non-Members $80

Youth learn the basics of how to care for, entertain, and safely supervise young children, gaining confidence and hands-on babysitting skills. The course also covers resume building and how to safely accept a babysitting job.

Brockville · Cycle Studio — 1 session · 1 class
Mon Oct 26

Mon • Oct 26 • 9:00 AM–4:00 PM — 65937

Kingston · Multi-Purpose Room — 1 session · 1 class
Mon Oct 26

Mon • Oct 26 • 9:00 AM–5:00 PM — 65936

Leaders in Training

13-16 yrs · Education · Members Only · Free

The YMCA's Leaders in Training program focuses on personal development, leadership skills, and community engagement. Participants gain hands-on experience through mentoring, workshops, and project involvement — building the confidence, teamwork, and core values of respect, responsibility, inclusivity, and caring that they will carry into leadership roles in their communities.

Kingston · Back on Track Room — 1 session · 13 weeks
Tue Sep 15–Dec 8

Tue • 6:30 PM–8:00 PM — 66047

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
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	Cardio-based classes only	Access
13+	Access	Access	As needed	Access — orientation recommended	Access	Access

Pool Admission Policy

Ages 0–6

- 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 the 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

- 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

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

Ages 13+

- 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