

You belong
at the Y!



**YMCA of Central East Ontario
Belleville Branch**

**Fall 2013
Membership and
Program Guide**

Building healthy
communities

Membership

MEMBERSHIP RATES

Memberships can be paid in monthly installments through pre-authorized chequing, Visa, MasterCard or American Express. You will be required to pay the YMCA Building Enhancement Fee along with a portion of your membership fee when you join.

MEMBERSHIP TYPES

ADULT (18+)

Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.

Monthly Rate: \$47.00+hst

COUPLES (18+)

Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock. For two adults and no children.

Monthly Rate: Adult Couple \$78.00+hst
Senior Couple \$69.00+hst

SENIORS (60+)

If you are Ages 60 plus, you are entitled to our Senior membership. In addition to our great adult programs, we have new programs to interest you both physically and socially.

Monthly Rate: \$43.00+hst

ALL INCLUSIVE FAMILY MEMBERSHIP

We offer a variety of family memberships to encourage family participation in YMCA activities. Family memberships include a maximum of two adults. All children in the household under the age of 18 are included in the family membership.

As part of the All Inclusive Membership, all children receive 2 free land and 1 free aquatic program per session. Young adults who are 18-21 years, who are full time students and living at home will retain their family membership status.

At 22 years of age, this individual would then have the choice of purchasing an Adult Membership or a student membership.

Monthly Rate: Two Adult Family \$86.00+hst
One Adult Family \$68.00+hst

BENEFITS OF MEMBERSHIP

- All YMCA family memberships will now include one aquatic and two land programs per child/per session. Families who are currently placing their children in programs, will benefit from the savings.
- Membership rates on ALL registered programs
- Register early – members register before non-members
- Free drop in programs for members of all ages
- Member Connect program included with membership

STUDENT (15YRS OR OLDER)

Full time students who are 15 years of age or older and have a valid full time student card from a recognized university, college or high school are eligible for a student membership rate.

Monthly Rate: \$32.00+hst

YOUTH/CHILD (0 - 14YRS)

We like to see young people at the YMCA. Children and youth can become YMCA members. As part of the All Inclusive Membership, all youth/child/preschoolers receive 2 free land and 1 free aquatic program per session. We have many activities and courses that are designed specifically for these ages.

Monthly Rate: \$30.00

BUILDING ENHANCEMENT FEE

All new memberships are subject to a Building Enhancement Fee. The Building Enhancement Fee will be used to make capital improvements in the YMCA. If your membership is inactive for 3 months or more, you will be required to pay the Building Enhancement Fee again.

Adult/Senior/Student - \$50.00 + hst

Youth/Child - \$25.00

Family - \$75.00 + hst

KIDS KARE

YMCA Kids Kare is a safe, fun and stimulating environment for parents to leave their children newborn to age 9, while you get healthy your way.

Parents must stay in the building at all times and inform the Kids Kare staff where they will be in the facility.

****Not available on Stat Holidays**

Monday to Friday 8:30am -12:00pm

Monday to Thursday 5:00pm – 8:30pm

Saturday 8:30am -12:00pm

Only \$20.00 per month for one Child!

Reduced fees for additional children from the same family.

Parents must stay in the building.

MEMBERSHIP ASSISTANCE

The YMCA believes that all individuals in the community should have the opportunity to belong to the YMCA regardless of their financial circumstances. Please contact the Sales Desk for appointment days and times.

Policies

MEMBERSHIP CARDS

All YMCA members are required to carry their membership cards with them in the facility. This helps us in case of emergencies.

UNLIMITED GUEST PASSES

Each membership will receive guest passes. These passes are provided to introduce potential members to our YMCA. Guests must be accompanied by a member and must provide photo ID.

MEMBERSHIP HOLD POLICY

Memberships can be placed on hold at any time for a maximum of three months per calendar year. If you wish to place your membership on hold, we require 10 days written notice prior to your next payment.

CHANGE ROOM ACCESS POLICIES

The Family Change Room is to be used by parents with children or individuals who require assistance due to special circumstances. A parent/guardian must accompany their child at all times when using this change room. Accommodates opposite genders.

Male/Female change rooms accommodate all ages. Children under the age of 10 years must be accompanied by a parent. No opposite genders allowed in these change rooms.

CHILD AGE & ACCESS POLICIES

Children under the age of 10 years must be accompanied by a parent/guardian (who is 16 years or older) who is inside the YMCA and aware of their child's location at all times, should the child be participating in an unsupervised program. Youth must be 15 years and older to fully access the Conditioning Centre.

CELL PHONES/CAMERA POLICY

The use of these items is prohibited in all change rooms, washrooms and program areas.

HOURS OF OPERATION

Monday - Friday 6:00am - 10:00pm
Weekends 7:30am - 5:30pm
Holidays 9:00am - 2:00pm
These include: New Years Day, Family Day, Good Friday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving and Boxing Day.
The YMCA will be closed on Christmas Day

MEMBERSHIP CANCELLATION POLICY

The YMCA of Central East Ontario offers flexible membership options. No contracts are required. If you wish to cancel your membership, we require 14 days written notice prior to your next payment.

PROGRAM CANCELLATION POLICY

All program cancellation requests must be made in person 7 days prior to the program start date. Refunds or credits are not offered after a program starts unless accompanied by a medical certificate. Refunds are subject to a \$10.00 administration fee. No refunds or credit for make up classes will be offered due to unforeseen circumstances (ie: power outage).

CHILDREN'S TAX CREDIT – SAVE YOUR RECEIPTS

The creation of the Children's Fitness Tax credit allows fees up to \$500 for enrolment in a physical activity program to be claimed on a parent or guardian's income tax. The purpose of this credit is to facilitate access by children and youth to physical activity and recreation programs as a means of helping them maintain a healthy active lifestyle. For more information on what programs qualify for the tax credit go to www.ymcaofceo.ca

DAILY DROP IN

We do have options available for people looking to use the YMCA facilities for just a single day. Please note: Any guest 15 years or older must present photo ID any time they wish to use the YMCA facilities.

Adult - \$10.75

Senior/Student - \$7.50

Child/Youth - \$5.00

Family Swim Pass - \$16.00

PROGRAM REGISTRATION INFORMATION

Sessions will run over a twelve week period. Session dates are as follows:

Fall - September 23 - December 14, 2013

Registration Dates

Members start Monday, August 12, 2013

Non-Members start Monday, August 26, 2013



Member Connect

Get the most out of your YMCA experience. Your health and wellness is our priority and we're committed to help you discover a plan that works for you. Take advantage of FREE one-on-one meetings with a YMCA Wellness Coach - INCLUDED with every adult membership.



Member Connect is designed to help you in many ways:

- Build success
- Commit to a manageable program
- Create realistic expectations
- Increase energy levels
- Improve mood
- Reduce fatigue
- Find the connection between exercise & feeling better
- Guide you to workouts and activities that you enjoy

In a series of one-on-one coaching sessions you will:

- Receive an overview of the building and its facilities, programs and services
- Get friendly and encouraging advice from an experienced knowledgeable Wellness Coach
- Develop a plan that breaks your long-term goals into a series of realistic and manageable short-term goals
- Create an initial program that suits your needs
- Get answers to your exercise questions. Learn to measure the effect of your exercise on mood, stress and energy levels
- Gather lots of great tips to help you stay on track, no matter what happens

It's easy, fun and do-able. Speak to one of our Membership Services associates for more info about our Member Connect initiative.

Adult Programs

YMCA CYCLEFIT / CYCLE THEATRE / CYCLE STRENGTH

Increase cardiovascular and muscular endurance through a 45 minute class of creative instruction, challenging drills, motivating music and exciting DVD's. Card required.

Monday, Wednesday & Friday	12:10 - 12:55pm
Monday & Wednesday	5:30 - 6:15pm
Tuesday & Thursday	8:30 - 9:15am
Tuesday & Thursday	6:15 - 7:00pm
Saturday	10:00 - 10:45am

CARDIO - CORE & SCULPT

An interval class with a combination of strength, core & cardiovascular conditioning.

Monday	9:30 - 10:30am (Full Gym)
Tuesday & Thursday	12:10 - 12:55pm (1/2 Gym)

GENTLEFIT

This class is geared for anyone who prefers a slower paced class. Combination of strength and flexibility exercises using weights, stability balls and chairs for balance exercises with modifications given for individual fitness levels.

Monday, Wednesday & Friday 8:30 - 9:10am (Full Gym)



DANCE YOUR WAY FIT!

New

Improve your fitness level while you dance to the latest pop tunes and classics. Too much fun to be exercise! This class of low impact moves will lead you through a variety of dance styles including Latin, jazz, swing, zumba, hip hop and line dance.

Thursday 9:30 – 10:30am

TOTAL BODY BLAST

New

Are you ready for a total body workout? This bootcamp style class will incorporate both cardio and resistance portions with an integration of balance and core training.

Monday & Wednesday 7:30 – 8:30pm (Full Gym)

Friday 5:30 – 6:30pm (1/2 Gym)

YOGA

Challenge your spirit, mind and body as you move through a series of yoga postures and stretches. Practiced for centuries, yoga is an energizing and relaxing experience that will strengthen you mentally and physically.

Monday 7:30 – 8:30pm (Auditorium)

Wednesday 9:30 – 10:30am (Full Gym)

ROLL IT OUT!

New

30 min class designed to improve soft tissue extensibility and relax the muscles using foam rollers. Great for runners or fitness enthusiasts looking to add flexibility and injury prevention to their workouts.

Monday 10:45 – 11:15am (1/2 Gym)

Friday 10:45 – 11:15am (Full Gym)

Tuesday 7:15 – 7:45pm (Full Gym)

FITNESS GAMES (14+)

New

Bring the fun back to fitness! Combination of energetic games and exercises designed to keep you fit while having fun.

Thursday 6:30 – 7:15pm (Full Gym)

SIMPLY STRENGTH

Designed for all levels of fitness, this weight training workout strengthens tones and defines every muscle in your body.

Tuesday 9:30 – 10:30am (Full Gym)

Saturday 9:00 – 10:00am (Full Gym)

STEP

A cardiovascular workout of creative combinations and circuits using the step.

Wednesday 6:30 – 7:30pm (Full Gym)

COREFIT

Elements of Yoga, Pilates and tried and true abdominal strengthening exercises combined to tone and strengthen the core.

Tuesday 6:30 – 7:15pm (Full Gym)

Hi / Lo

A cardio based workout offering participants of all ages and fitness levels high and low impact options. This cardio workout combines choreographed moves or circuit style exercises with muscle conditioning and stretching.

Monday 6:30 – 7:30pm (Full Gym)

PILATES

This class will shape, tone and lengthen the body while improving muscular strength and endurance of the deep abdominal and back muscles.

Friday 9:30 – 10:30am (Full Gym)

ADULT RECREATIONAL VOLLEYBALL

Whether you haven't played since high school or are a seasoned player, join the fun playing in a non competitive atmosphere and make new friends!

Thursday 7:30 – 9:30pm (1/2 Gym)



POST REHAB MAINTENANCE PROGRAM

Led by Certified Trainers and designed for participants who have experienced a cardiac event or have been diagnosed with high risk factors for heart disease, metabolic disorders or have experienced a stroke. Program includes cardiovascular, strength, balance & flexibility components for improved quality of life. Participants are either referred by Hotel Dieu Hospital, Belleville General Hospital or have signed approval of a Cardiologist or Family Physician.

Tuesday & Thursday 1:30 – 3:00pm
YM - \$30.00 + hst NM - \$80.00 + hst

DRILL S.G.T - SMALL GROUP TRAINING

New

Do you have a group of friends, co workers or family members that have similar fitness goals? A certified trainer can help you achieve your fitness goals by providing an exercise program that's just right for your group!

3 – 6 participants only \$50.00 + hst / 1 hr session

CROSS TRAINING

New

Are you looking for a way to increase your performance and overall fitness without stressing your body to the max? Cross training takes into consideration the fact that many muscles in the body contribute to a single activity. To get the most out of any activity and to do it safely, you must pay attention to all the muscles in the body that are involved. This program is designed for athletes and fitness enthusiasts looking to increase sport or personal performance through a variety of activities including weight lifting, indoor cycling, swimming, functional training and flexibility.

Monday & Wednesday 7:30 – 8:30pm (MP Room)
YM - \$30.00 + hst NM - \$80.00 + hst

DRAGON BOAT DRY LAND TRAINING

Full body workout specific to the sport of Dragon Boat Paddling or anyone wanting to improve overall muscle strength, endurance, muscle balance and performance.

All are welcome!

October 7th – December 18th

Monday & Wednesday 6:15 – 7:15pm (MP Room)

YM - \$30.00 + hst NM - \$80.00 + hst

PARTNER FITNESS

Share a qualified Personal Trainer with a friend or family member. A common program with minor personalization will be designed for both individuals.

\$55.00 + hst per session

PERSONAL TRAINING

Are you in an exercise rut? Why not have one of our qualified Personal Trainers design and supervise a program that's created just for you? Personal Trainers can help you achieve your goals, build strength, lose weight and keep you motivated!

1 – 5 sessions \$40.00 + hst

6 – 10 sessions \$35 + hst

Buy 10 sessions get one FREE!

WELLNESS WORKSHOPS

The YMCA will be offering monthly workshops on various Health and Wellness Topics. All are welcome. Keep an eye out for more information within the YMCA facility.

Free and available for all YMCA Members

Guests pay a day pass fee





BECOME A YMCA LEADER AND VOLUNTEER!

YMCA Volunteers are a voice for the community in the Y and a voice for the Y in the community. The achievement of our mission and goals is best served by the active participation of citizens from our community and there is no better way to stay healthy and fit than to help others reach their fitness goals.

Be a part of the YMCA health and wellness movement and take this nationally recognized certification program to get you started in this exciting industry.

The YMCA recognizes Volunteers as an essential part of our organization and will offer certification courses at a discounted fee to members who make a Volunteer commitment to the YMCA.

Basic Theory & Individual Conditioning

Take these two courses if you would like to specialize in one on one training and become an individual conditioning trainer or wellness coach. Topics include: anatomy, physiology, exercise techniques, program design, nutrition and more!

YM w/Volunteer Commitment - \$265.00 + hst YM w/o Volunteer Commitment and NM - \$430.00 + hst

Basic Theory October 5th & 6th, 2013 & Individual Conditioning November 2nd & 3rd, 2013

Basic Theory, Fundamentals of Group Fitness & 1 Stream course

Take these two courses plus a stream of your choice if you would like to specialize in leading group fitness classes. Topics include: anatomy, physiology, exercise techniques, fitness class planning, relationship building and more!

YM w/Volunteer Commitment - \$265.00 + hst YM w/o Volunteer Commitment and NM - \$430.00 + hst

Basic Theory October 5th & 6th, 2013 & Fundamentals of Group Fitness October 27th, 2013

Streams

Choose from: Group Resistance, Indoor Group Cycling, Core Strength & Stretch, Choreography – based, Aqua Fitness.

Dates of streams to be determined in the Fundamentals of Group Fitness course.



Aquatics Pool Admissions and Wrist Band Policy

To ensure that children have a safe and enjoyable swimming experience, the YMCA of Central East Ontario has implemented a wristband procedure. This system allows staff to identify children at greater risk of accidents and ensure adequate supervision when in the pool area. All children 9 years of age and under will be given an identifying wristband by the facility staff.

Age	Admission Requirements	Supervision Requirement (Child:Caregiver)	Wrist Band	Additional Information
6yrs & under	Always accompanied*	2:1	Red	
7-9yrs	Accompanied* OR Pass facility swim test	4:1	Red	If child passes swim test, the RED wristband is removed and replaced with a GREEN wristband, allowing child unsupervised access however parent/guradian must remain in facility.
			Green	
10yrs+	No supervision required			Child will be required to do a facility swim test and obtain a GREEN wristband to access deep end of pool.

*Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. Caregiver must be in bathing attire and within arms' reach of the child(ren) at all times, both in and out of the water.

FACILITY SWIM TEST

To successfully pass the facility swim test individuals must demonstrate comfort in water and be able to jump into deep water, submerge and swim one continuous length of the pool without touching the side or bottom.

SHOWER BEFORE SWIMMING

A thorough shower with soap before you enter the pool will help keep the water clean for your swimming enjoyment. We also ask that street shoes not be worn in the shower and deck areas.

SERIOUS MEDICAL CONDITIONS

Those with serious medical conditions should ensure that the membership and aquatic staff are aware of the condition. Your medical doctor should be consulted before swimming.

WHAT TO WEAR

Proper bathing attire means bathing suit only. If you wish to wear a t-shirt over your bathing suit you can. We just ask that it be clean.

POOL FOULINGS

All children who are not toilet trained are required to wear swim diapers or an article of clothing with snug elastic legs. No disposable diapers are permitted.

ADMITTANCE REQUIREMENTS FOR DAY CAMPS AND GROUPS AND BIRTHDAY PARTIES

- Children who cannot pass the facility swim test must remain in the shallow end of the pool and remain directly supervised by their caregiver at a ratio of 8:1
- Group caregivers must be reminded that they are entirely responsible for their group while in the facility. They must effectively supervise the group at all times
- In addition, children 7 years or older, who can pass a facility swim test, must be accompanied and supervised in a 10:1 ratio
- The wristband policy must be implemented and followed
- Male and female caregivers must be available for appropriate supervision in respective change rooms

Adult Aquatics

AQUA FITNESS

An aqua fit class that is adaptable to all fitness levels. Aqua fit is an excellent way to maintain an active lifestyle.

Monday - Friday	8:30 - 9:15am
Monday, Wednesday & Friday	9:15 - 10:00am
Monday & Friday	10:45 - 11:30am
Monday, Tuesday, Thursday & Friday	1:00 - 1:45pm
Thursday	8:00 - 8:45pm

AQUA JOGGING

Experience the benefits of the water on your joints in this aqua jogging class. Participants can choose the pace that fits them best, from walking to running.

Tuesday	8:00 - 8:45pm
Wednesday	1:00 - 1:45pm

ADULT SYNCHRONIZED SWIMMING

Synchronized Swimming is an excellent addition to any fitness plan. Participants will have fun while learning new skills, and putting together a routine to music. Participants must be comfortable in deep water and be able to swim one length of the pool on both front and back.

Tuesday	2:30-3:15pm
YM - No Charge	NM - \$80.00 + hst

55+ MASTERS FUN SWIM

Learn the four major strokes: Freestyle, Breaststroke, Backstroke and Butterfly in a fun environment. We do have interval training and races. Participate in fun Swim Events with wild relays and meet new friends.

Wednesday	10:00-10:45am
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PARENT & TOT AQUAFIT

For Parents and Tots 6 months to 3 years of age. Great next step for parents on the move! You will continue to strengthen tone and relax your body while spending quality bonding time with your child. This workout integrates parent and child into aquatic exercises to strengthen and stretch those muscles doing overtime as a busy parent. Children who see parents exercise and exercise with them are more likely to grow up as active youth and adults.

Wednesday	10:45-11:30am
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AQUA YOGA

The healing properties of water are an excellent place to provide a calm but revitalizing mind and body exercise. Discover ways to increase your flexibility, core stability, coordination, and muscular endurance while soothing the mind with innovative yoga-like moves in the water.

Tuesday	9:15-10am
Wednesday	1:45-2:30pm
Thursday	9:15-10am

ADULT GROUP LESSONS

Program is geared to all adults who wish to learn how to swim, and those who have confidence in swimming but require more stroke development to swim more efficiently. Participants will learn to float, basics in propulsion, strokes, and efficiency. Program is geared to the needs of those registered.

Monday	8-8:45pm
Wednesday	10-10:45am
Thursday	2:30-3:15pm
YM - No Charge	NM - \$80.00 + hst



Youth Aquatics

REGISTRATION

YMCA members will have the opportunity to register 2 weeks in advance of Non-YMCA Members and can do so either in person or by telephone (**where the program is included as part of the membership and there is no charge**). Participants who are absent for 3 consecutive weeks will receive a call to confirm that they still intend to participate.

SPLASHERS 6 MONTHS TO 18 MONTHS - PARENTED

BUBBLERS 18 MONTHS TO 3 YEARS - PARENTED

Monday	Tuesday	Thursday	Saturday	Sunday
10:00-10:30am	10:00-10:30am		9:05-9:35am	10:35-11:05am
	5:45-6:15pm	5:45-6:15pm	10:50-11:20am	
YM - No Charge	NM - \$120.00			

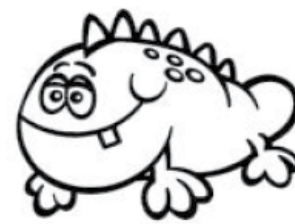
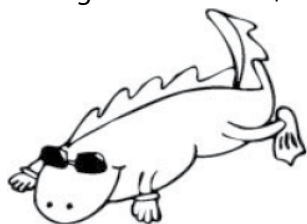
New



L'IL DIPPERS 3 TO 5 YEARS - INDEPENDENT SWIM LESSONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-10:30am	10:00-10:30am				8:30-9:00am	10:00-10:30am
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	9:05-9:35am	10:35-11:05am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:40-10:10am	11:10-11:40am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	10:15-10:45am	
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	10:50-11:20am	
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	11:25-11:55am	
YM - No Charge	NM - \$120.00					

New





LEARN TO SWIM 6 YEARS AND OLDER

YMCA Canada's progressive swim program for school age children.

STAR SWIM PROGRAM

8 years minimum recommended (*due to the endurance and motor coordination needed*). A continuation of the Learn to Swim progressions.

OTTER TO STAR 4 PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	8:30-9:00am	10:00-10:30am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:05-9:35am	10:35-11:05am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	9:40-10:10am	11:10-11:40am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	10:15-10:45am	
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	6:20-6:50pm	10:50-11:20am	
					11:25-11:55am	

YM - No Charge

NM - \$120.00

STAR 5, 6 AND 7 (FORMERLY MASTER SWIMMER)

Tuesday, Wednesday, Thursday or Friday 4:30 – 5:30pm
Saturday 11:00am - 12:00pm

YM - No Charge

NM - \$120.00



PRIVATE SWIM LESSONS

Individual 30 minute lessons are available for participants who want close attention, or attention to specific problem areas are available. Simply choose the day and time that work best for you, register at the sales and service desk, then meet your instructor on the pool deck! **Please note that a minimum of 8 lessons must be booked.**

Private Lesson Fees	YMCA Members - \$16.00 per lesson	Non-Members - \$21.00 per lesson
Semi-Private Fees	YMCA Members - \$9.00 per person per lesson	Non-Members - \$12.00 per person per lesson

SYNCHRONIZED SWIMMING

Synchronized Swimming is an excellent alternative to traditional swimming lessons. Participants will have fun while learning new skills, and putting together a routine to music. Participants must be comfortable in deep water and be able to swim one length of the pool on both front and back.

Monday	4:30 - 5:30pm
YM - No Charge	NM - \$120.00

Aquatic Leadership

AQUATIC LEADER CORPS



LeaderCorp with an Aquatic Twist. Get to know yourself better, become a skilled leader and interact with a variety of people and experiences. Work toward completion of Bronze Star, skill mastery for Bronze Medallion and Cross. Participants will be given the opportunity to assist in the facilitation of YMCA Aquatic Events and Activities as well as volunteer as Junior Lifeguards.

Ages 11-15

Wednesday

6:00 - 8:00pm

September - June

YMCA Members Only

BRONZE MEDALLION/CROSS, STANDARD FIRST AID & AED

Prerequisite: 13 years or successful completion of Bronze Star

September 25 - December 6, 2013

February 5 - April 9, 2014

April 16 - June 18, 2014

Wednesday Evenings

6:30-9:30pm

(1 hour classroom, 2 hours pool)

YM - \$150.00 + hst NM - \$190.00 + hst

Bronze Manual Fee - \$50.00 + hst

1st Aid Manual Fee - \$20.00 + hst

STANDARD FIRST AID & CPR "C" RECERTIFICATION

Current WSIB requirements allow for one recertification in-between full courses. Awards are valid for 3 years in accordance with WSIB. Successful candidates will receive recertification cards as proof of certification.

Belleville Branch

City of Quinte West Branch

December 2, 2013 6-10pm

October 26, 2013 1-5pm

April 21, 2014 6-10pm

January 11, 2014 1-5pm

June 9, 2014 6-10pm

March 8, 2014 1-5pm

YM - \$65.00 + hst

NM - \$80.00 + hst

STANDARD FIRST AID & CPR "C" AND AED

Successful candidates will receive a certification card in Standard First Aid and CPR "C". This course is the work requirement for WSIB, and meets all the standards.

Certification is valid for 3 years in accordance with WSIB.

Belleville Branch

City of Quinte West Branch

November 16 & 17, 2013

October 19 & 20, 2013

January 18 & 19, 2014

February 1 & 2, 2014

March 22 & 23, 2014

April 26 & 27, 2014

May 24 & 25, 2014

June 7 & 8, 2014

All course times are 9am - 5pm Both days

YM - \$100.00 + hst NM - \$120.00 + hst

Manual Fee - \$20.00 + hst

NATIONAL LIFEGUARD

Prerequisite: 16 years of Ages and successful completion of Bronze Cross and Standard First Aid. Copies of your certification must be brought to the first class. 100% Attendance is required.

City of Quinte West Branch

November 8 -10 and 22-24, 2013

Fridays 6:00 - 9:00pm, Saturdays 10:00am - 8:00pm

Sundays 10:00am-6:00pm

YM - \$175.00 + hst

NM - \$195.00 + hst

Materials - \$85.00 + hst

YMCA ASSISTANT SWIM INSTRUCTOR

Prerequisites: 15 years of Ages and successful completion of Bronze Cross and Standard First Aid. Copies of your certification must be brought to the first class. 100% Attendance is required.

Belleville Branch

City of Quinte West Branch

Oct 7 - Nov 25, 2013

Oct 2 - Nov 20, 2013

Mar 24 - May 26, 2014

Jan 22 - Mar 12, 2014

Mon Evenings 6-9pm

Wed Evenings 6-9pm

YM - \$60.00 + hst

NM - \$90.00 + hst

Manual Fee - \$25.00 + hst

YMCA SWIMMING INSTRUCTOR CERTIFICATION

Participants must be 16+ years of Ages by the end of the course.

Proof of Ages and certification is required. 100% attendance is required.

Prerequisites: YMCA Assistant Swim Instructor, Bronze Cross, Standard First Aid & CPR "C".

Belleville Branch

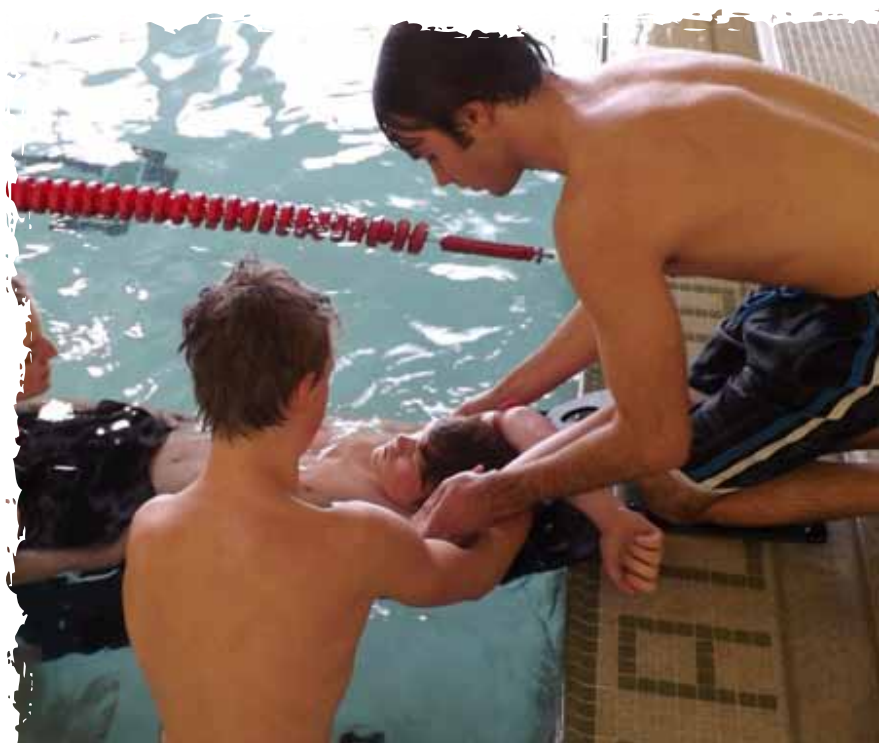
November 29, 30, December 1, 13, 14, 15, 2013

Fridays 6-9pm, Saturdays 10am -7pm, Sundays 10am - 6pm

YM - \$125.00 + hst

NM - \$150.00 + hst

Manual Fee \$25.00 + hst



Youth Programs

FUN FACTORY

New

This program is a great combination for you and your children to take part in active games, creative crafts and exploration. Each week the staff will have a new activity that allows children to be creative and use their imaginations.

Ages 2-3

Tuesday 11:00-11:45am

YM-No Charge NM- \$80.00

MUSIC AND DANCE

New

You and your children will sing, dance, clap, jump and play in this lively music program. From classical to hip hop melodies, your children will use their bodies and props to enjoy self expression through nursery rhymes, puppets, parachute play and creative movements.

Ages 2-3

Friday 11:00am-11:45am

YM-No Charge NM- \$80.00

ACTIVE TOTS

Join your child and explore new ways to be active each week, experience a fun environment while running, jumping, rolling and stretching, just to name a few activities that will take place in this dynamic program.

Ages 2-3

Thursday 11:00am-11:45am

YM-No Charge NM- \$80.00

FAMILY FUN ZONE

Families can drop in to use a variety of equipment and spend time in a healthy active environment. There will be balls, hoops, beams, tumbling mats, obstacles and activities for families to enjoy.

Monday and Wednesday 10:45-11:30am

Friday 6:00-8:30pm

Saturday 11:15am-noon

YMCA Members ONLY No Charge

JUST DANCE

Children will learn the basics of dance through music and rhythm. Creative movement and a simple step routine will be practiced using a variety of age appropriate music.

Monday Ages 4-6 4:00 - 4:45pm

Tuesday Ages 4-6 4:45 - 5:30pm

Saturday Ages 4-6 9:00 - 9:45am

YM - No Charge NM - \$80.00

SOCCER

The most popular sport in the world! Enjoy and learn the fundamentals of soccer. Running, kicking, passing and games are all a part of this exciting sport.

Tuesday Ages 4-6 5:30 - 6:15pm

Ages 7-9 4:45 - 5:30pm

Ages 10-13 4:00 - 4:45pm

Saturday Ages 7-9 10:15 - 11:00am

YM - No Charge NM - \$80.00

BASKETBALL

Did you know basketball was invented at a YMCA? It was invented by a Canadian director of a YMCA. Come enjoy OUR game. This program will teach children the basic skills needed to play the game.

Tuesday Ages 4-6 4:00 - 4:45pm

Thursday Ages 7-9 4:00 - 4:45pm

Ages 10-13 4:45 - 5:30pm

Saturday Ages 7-9 11:00 - 11:45am

YM - No Charge NM - \$80.00

BALL HOCKEY

Come learn to play the Great Canadian Game in a fun and co-operative environment. Passing, shooting, puck handling and sportsmanship will be on each week's agenda.

Helmets are required for protection.

Monday or Wednesday Ages 4-6 4:45 - 5:30pm

Monday Ages 7-9 4:00 - 4:45pm

Saturday Ages 7-9 12:00 - 12:45pm

Wednesday Ages 10-13 4:45 - 5:30pm

Saturday Ages 10-13 12:15 - 1:00pm

YM - No Charge NM - \$80.00

SPORTSMANIA

Children will develop their gross motor skills with a focus on maximizing participation in this sports focused program. Each week will focus on specific sports for the participants to gain the fundamental skills in a variety of them!

Monday Ages 4-6 5:30 - 6:15pm

Saturday Ages 4-6 10:15 - 11:00am

YM - No Charge NM - \$80.00



YMCA GLEE CLUB



Children will have fun singing in a choir setting while developing their voices through meaningful vocal techniques and music instruction. The choir will work through a series of vocal warm-ups and age appropriate songs in preparation for a final concert at the end of the session. No prior music experience is necessary.

Thursday Ages 7-13 5:30 - 6:15pm
YM - No Charge NM - \$80.00

ARTRAGOUS

Children will get creative in this arts program. Children will have opportunities to work with a variety of different materials such as pastels, charcoal, paint, prints etc. Each week children have the opportunity to create their very own masterpiece.

Please bring a smock or large shirt to put over your clothes

Tuesday Ages 4-6 5:30 - 6:15pm
 Ages 7-9 6:30 - 7:15pm
 Ages 10-13 7:30 - 8:15pm
YM - \$10.00 NM - \$80.00

Y WORLD OF SPORTS

Enjoy ALL sports! Every week we will focus on a new sport, there will be a skill development component and an organized game.

Monday Ages 7-9 4:45 - 5:30pm
YM - No Charge NM - \$80.00

SCIENCE KIDS

Science Kids will fuel the childrens imagination and provide a fun, interactive and hands-on environment that stimulates their minds. There are a lot of discoveries to be made about the world around us. Some subjects that will be covered are: the environment, chemistry, weather, health, electricity and more!

Please bring a smock or large shirt to put over your clothes

Thursday Ages 4-6 4:00 - 4:45pm
 Ages 7-9 4:45 - 5:30pm
YM - \$10.00 NM - \$80.00

TIGER TOTS MARTIAL ARTS

Great for improving physical balance, agility and strength in young children. Each class will include a series of activities, games and drills that encourage listening skills and team work while having fun being active.

Tuesday Ages 4-6 4:00 - 4:30pm
 4:30 - 5:00pm
YM-No Charge NM-\$80.00

YOUTH MARTIAL ARTS

Participants learn self discipline, respect and self defense techniques, while becoming more active and physically fit. Beginner to advanced levels welcome.

Tuesday Ages 7-15 5:15 - 6:15pm
YM - \$30.00 first registrant
 \$25.00 for each additional family registrant
NM - \$80.00

CATCH KIDS

This class is a great combination of fun games designed to keep children physically fit in addition to learning how to make healthy snacks. The first part of the program the children will take part in a variety of different games and techniques that will allow them to be active without even knowing they are taking part in exercise. The second part of the program will teach children the importance of nutrition through games and making nutritious snacks.

Wednesday Ages 7-9 5:30 - 6:30pm
YM- \$10.00 NM-\$80.00

VOLLEYBALL

Learn volleyball skills through games and scrimmages while making new friends and being part of the team.

Thursday Ages 7-9 4:45 - 5:30pm
 Ages 10-13 4:00 - 4:45pm
YM- No Fee NM \$80.00

YOUTH DANCE

This class is for dancers who want to learn dance routines but are also interested in how you generate your own creative and unique movement. Dancers will learn the relationship between steps, positions, choreography, dance vocabulary and production. There will be a performance for family and friends on the final session date. This is an open level class.

Monday Ages 7-9 4:45 - 5:30pm
Tuesday Ages 7-9 4:00 - 4:45pm
Saturday Ages 7-9 10:00 - 10:45am
 Ages 10-13 11:00 - 11:45am
YM - No Charge NM - \$80.00

CHEER

This introductory program includes routines incorporated with jumps, dance and cheers. Positive self confidence and body image will be topics of discussion.

Tuesday Ages 7 + 5:30 - 6:15pm
YM - No Charge NM - \$80.00

DRAMA CLUB

Lights, Camera, Action!!! Expand on that love for theatre through drama games, set design, script development and live performances. Develop the confidence you need to stand up in front of a crowd. A great opportunity to develop literacy and memory skills.

Wednesday Ages 7-9 4:00 - 4:45pm
 Ages 10-13 4:45 - 5:30pm
YM - No Charge NM - \$80.00

TEEN STRENGTH

Teens will learn proper YMCA etiquette in the conditioning centre and how to safely use cardio and strength equipment and free weights. Participants must be able to demonstrate knowledge of the equipment and exercises by leading a parent / guardian through an orientation in the conditioning centre in order to graduate. Successful graduation / completion of this program will allow teens to use the conditioning centre without the supervision of a parent or guardian until 7:30pm.

Tuesday	Ages 10-14	4:30 – 5:30pm
Saturday	Ages 10-14	8:30 – 9:30am
YM – No Charge	NM - \$80.00	

TEEN STRENGTH 2



Designed for those teens who have already completed the Teen Strength program. Participants will learn how to develop their own workout programs using machines and free weights and how to encourage each other through a workout. Teen Strength is a prerequisite.

Thursday	Ages 10-14	4:30 – 5:30pm
Saturday	Ages 10-14	9:30 – 10:30am
YM – No Charge	NM - \$80.00	

FIT KIDS



Build friendships, be active and learn life-long health skills in this physically active program! We will play high energy games and participate in traditional group fitness class. Includes warm up, games, workout and cool down. Learn how to live a healthy active lifestyle throughout your life. Make sure to dress in active wear.

Ages 10-13		
Thursday	Ages 10-13	5:30 - 6:15pm
YM- No Charge	NM- \$80.00	

TEEN YOGA



This drop in program will lead youth through a variety of yoga poses to help develop strength and flexibility. YMCA yoga classes for teens are a fantastic way for teens to reduce stress and relax, with a focus on breathing and proper stretching techniques.

Monday	Ages 7-13	5:30 - 6:15pm
YM - No Charge	NM - \$80.00	

YOUTH CONNECT PROGRAM

Are you looking to meet new friends and engage with other youth? Then our Youth Connect Program is for you! You will meet with a Youth Ambassador to ask questions, tour the facility, learn about our Youth programs and meet other Youth. If you are new to the Y and are looking to learn more about what we offer for Youth – please ask at the Membership Service Desk to get you started. Best of all this program is included in your membership.

YOUTH LEADER CORPS.

Youth Leader Corps. provides youth the opportunity to get involved in the YMCA as well as their community. Community service, philanthropy, volunteerism and health and wellness is covered as they plan and implement projects to help their communities. Here youth get a chance to develop leadership skills and belong to a group of positive, like minded peers. Opportunities to earn volunteer hours.

Tuesday	Ages 11-15
September to June 6:30 - 8:30pm	
YMCA Members Only \$30.00	

BABYSITTING COURSE

The babysitters course is designed to help you become confident and prepared to care for children of various ages, apply First Aid skills and what to do in emergency situations.

September 20, 2013	Ages 11+	9:00 - 5:00pm
YM - \$40.00	NM-\$50.00	

HOME ALONE SAFETY COURSE

An important program for youth. This is a three week program that will introduce and reinforce ideas to build confidence in young people who spend time at home alone. Includes home and fire safety.

Session Dates:

October 10, 17, 24 2013		
Thursday	Ages 10-13	6:30 - 8:30pm

TAG (TOGETHER ALL GIRLS)

Girls Only!! This active program is focused on meeting new people, making new friends, and having fun! Girls will participate in group games, creative arts, movies and social media to explore topics that mean something to them. Topics will include leadership, team work, active living, balanced eating, body image, peer pressure and bullying.

Wednesday	Ages 7-9	6:00 - 7:30pm
Saturday	Ages 10-13	10:00 - 11:30am
YM - No Charge	NM - \$80.00	

Y GUYS

This is one just for the guys. Through games and discussions the guys will engage in physical activity, discussions about life skills, communication skills and emotional health to assist in the pursuit of lifelong healthy lifestyles.

Wednesday	Ages 10-13	4:00 - 5:30pm
YM - No Charge	NM - \$80.00	

BIRTHDAY PARTIES

Come Celebrate with the YMCA

Allow the YMCA to assist you with your next birthday party. There are two options available. Both parties include party host, party room, gym and pool activities. We'll make your party easy. Parties are available both Saturdays and Sundays each week. Upon booking a \$25.00 non-refundable deposit is required.

Call the YMCA Welcome Desk today for more information at (613) 966-9622

**Please note: Spaces are limited...reserve your spot today.

YOUTH NIGHTS – DROP IN



Come on out to the YMCA every Friday night to play a new sport each week in the gym, go swimming in our pool and visit and be active in our Youth Activity Centre. On the second Friday of every month there will be a new challenge in the Youth Activity Centre. Challenges will include minute to win it games, fooseball tournament, ping pong tournament and more. Information will be posted in the Youth Activity Centre and on the media board.

Friday Ages 8-14

FRIDAY NIGHT FRENZY



Take your pick or do it all. Visit our Fun Zone in the gym and swim in the pool. Join us as a family or drop off the kids and enjoy your workout on your own. Get active at the Y. Children under the age of 10 must be accompanied by a parent or guardian.

Friday 6:00 - 8:00pm – Gym

7:00 - 9:00pm – Pool

YM – No Charge NM- \$15.00 + hst per family

PA DAY PROGRAM

All of our PA Day, Holiday Camp and March Break Programs include a variety of fun-filled, age appropriate activities.

Children participate in daily swims and get to choose their favourite sports, crafts, games and much more.

Ages 5 - 12 \$25.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm are available for \$2.00 per hour.

Dates and Themes:

September 20, 2013 – Imaginarium

October 11, 2013 – Ooze and Gooo

December 20, 2013 - Winterpalooza

January 31, 2014 - Happy New Year

March 7, 2014 - Mad Science

May 23, 2014 - Outside the Box

HOLIDAY CAMP PROGRAM - Cinnamon, Spice and Winter Ice

Join us for the winter holiday season with your friends at the YMCA. Watch for our flyer and registration form describing the particular activities.

Dates: December 23, 24, 26, 27, 30 & 31, 2013

January 1, 2 & 3, 2014

Ages 5-12 \$25.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm are available for \$2.00 per hour.

**December 24 & 31 will be a half day as the YMCA closes at 2:00pm

MARCH BREAK CAMP - Multi-Adventure Challenge

Join us for the March Break with your friends at the YMCA.

Watch for our flyer and registration form describing the particular activities.

Dates: March 10, 11, 12, 13 & 14, 2014

Ages 5-12 \$25.00 per day 8:30am - 5:00pm

Extra hours from 7:30am and/or 5:00-6:00pm are available for \$2.00 per hour.

EACH ONE TEACH ONE

The YMCA has partnered with the Belleville Rotary Club to provide a one-on-one literacy tutoring program. Students will receive a tutor who will work with them twice a week for an hour. All YMCA tutors are volunteers who have completed the Each One Teach One Training Program and have a clear criminal reference check.



YOUTH ACTIVITY CENTRE

Come check out our drop in youth space!

X-Box with Kinect

Wii Systems

New Games

Homework Area

Doodle Wall

Ping Pong

Foos Ball

Air Hockey

Members Only!!!

Ages 8-14

Weekdays – 3:45pm-8:30pm

Saturdays – 9:00am-1:00pm

YMCA CHILD CARE SERVICES

The YMCA Child Care department works in partnership with the families it serves to provide a safe and nurturing environment which promotes growth and development of the whole child; cognitively, emotionally, socially and physically.

The YMCA of Central East Ontario is committed to delivering exceptional quality early learning programs that provide children and families the tools, knowledge and services to grow together. We promote positive health messages and opportunities for children and their families to live healthy, active lifestyles.

YMCA EDUCATORS

Our YMCA Staff are qualified, caring, skilled educators who establish a supportive social environment that supports autonomy, self esteem and assists children in establishing positive relationships, friendships, and conflict resolution skills. The YMCA is committed to the on-going professional development of our staff.

TODDLER AND PRESCHOOL PROGRAMS

YMCA Playing to Learn Curriculum

Perhaps the most distinguishing feature of YMCA Child Care is the Playing to Learn approach. YMCA Playing to Learn is a national YMCA curriculum that helps children discover learning through play and aligns with primary school benchmarks.

YMCA Playing to Learn provides an understanding of how play is the foundation for learning to read and write, and for learning mathematics, science and technology. We believe YMCA Playing to Learn is the best approach to ensure a child's continued enthusiasm and capacity for lifelong learning.

YMCA Kids Club: A place to belong
Ages 3.8 - 12 years of age

Before and after school can be a challenging time for busy parents. YMCA Kids Club programs are the solution!

YMCA Kids Clubs are licensed programs by the Ministry of Education, responsive to the needs and interests of each child, which creates a sense of belonging, while providing parents with peace of mind that their children are in a safe and caring environment with positive staff role models. YMCA Kids Club provides an inclusive exciting supply of developmentally appropriate activities including games, creative arts and 60 minutes of active play both indoors and out. The YMCA helps build confidence and self esteem while developing healthy habits that will last a life time.

For more information please call (613) 966-9622 x 224

YMCA Kids Clubs are conveniently located in the following 17 school communities:

Belleville - Harry J Clarke, Sir Winston Churchill, Park Dale, Queen Victoria, Queen Elizabeth, Prince of Wales, Harmony, Foxboro, Prince Charles Belleville, St Joseph's, Susanna Moodie and Tyendinaga.

Quinte West and Prince Edward County - Prince Charles Trenton, St. Peter, Murray Centennial, Massassaga/Rednersville and Bay-side.





Our Mission Statement

As a charity your YMCA is open to all. Providing opportunities for growth in spirit, mind and body. The YMCA strives to be a recognized leader and valued partner in the development of healthy communities.

Did you know that the YMCA is a charity? For over 150 years the YMCA has been helping children and families join in activities at the YMCA, no matter their ability to pay.

It's through your donations that the YMCA is able to help kids join us for programs, camp and membership at each of our three branches. ***We couldn't do it without you.***

Your donation, whether it's \$20 or \$200, helps us help kids belong to this great organization you're choosing to be part of. Your gifts help level the playing field for so many kids in our community who would not be able to participate without a caring community to contribute to their growth.

In 2012 \$1,427,331 of financial assistance was accessed through the YMCA of Central East Ontario. Many parents and caregivers reported back to the YMCA that access to membership and camp helped change the lives of their children – they had fun, made new friends, learned new skills, tolerance for siblings and developed confidence in themselves.

The YMCA works to build healthy communities and through your donation, together, we impact young lives for good – ***there can be no finer contribution than a gift that impacts the life of another.***

Thank you for your support. If you don't yet donate please give us a call or go on-line at www.ymcaofceo.ca to make a donation to your local YMCA branch.

YMCA of Central East Ontario

Belleville Branch
433 Victoria Ave
Belleville, ON K8N 2G1
(P)613-966-9622
(F)613-962-9247

City of Quinte West Branch
50 Monogram Place
Trenton, ON K8V 5P8
(P)613-394-9622
(F)613-394-8223

Balsille Family Branch Peterborough
123 Aylmer St S
Peterborough, ON K9J 3H8
(P)705-748-9622
(F)705-741-3719

www.ymcaofceo.ca

