



YMCA of Central East Ontario  
Balsillie Family Branch -  
Peterborough

**Membership & Programs  
Summer 2014**

[www.ymcaofceo.ca](http://www.ymcaofceo.ca)

*Building healthy communities*

# Features

- 25m, 6 lane lap pool + Leisure Pool
- Treadmills, Cross Trainers, Lifecycles with personal entertainment TVs
- State of the art Selectorized and Free Weight strength equipment



- Fitness Studio
- Gymnasium
- 5 Locker rooms including Family and Adult Only
- Over 75 group fitness classes per week
- Squash and Racquetball
- Child minding services



# Membership

## Benefits of Membership

- All YMCA youth/child/preschool members will receive one free aquatic and one free land program per child/per session.
- Membership rates on ALL registered programs
- Register early for programs – members register before non-members
- Free drop in programs for members of all ages
- Member Connect program included with membership
- Youth Connect program included with membership
- Your YMCA Membership can be used at any YMCA across Canada!

## Membership Options

### YMCA Monthly Payment Plan

YMCA Membership rates listed can be paid monthly through Pre-Authorized chequing, Visa or Mastercard. *\*A bi-weekly rate is shown beside the YMCA monthly rate for consumer comparison purposes only.\** This is not a payment option.

### Adult (18+)

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

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Adult	\$48.00+hst	<b>\$22.15+hst</b>

### Couples (18+)

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

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Adult Couple	\$87.00+hst	<b>\$40.15+hst</b>
Senior Couple	\$85.00+hst	<b>\$39.23+hst</b>

### Family Membership

Family membership includes 2 adults and dependant children 21 years and under living in the same household.

Family Membership includes **Swim lessons** and **one registered dry land program** for each child per session.

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Two Adult Family	\$94.00+hst	<b>\$43.38+hst</b>
Single Adult Family	\$75.00+hst	<b>\$34.61+hst</b>

### Membership Plus – Men's & Women's (18+)

Membership Plus members enjoy adult only change areas, steam rooms, lounge area, towel service, advance court booking privileges and amenities such as shampoo & body wash. Maximum of two adults can access the Plus change room per Family Plus membership. Bring a lock

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Adult Plus	\$65.00+hst	<b>\$30.00+hst</b>
Adult Couple Plus	\$105.00+hst	<b>\$48.50+hst</b>
Two Adult Family Plus	\$112.00+hst	<b>\$51.70+hst</b>
One Adult Family Plus	\$86.00+hst	<b>\$39.70+hst</b>
Senior Plus	\$62.00+hst	<b>\$28.70+hst</b>
Senior Couple Plus	\$101.00+hst	<b>\$45.70+hst</b>

### Seniors (60+)

If you are age 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.

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Senior	\$46.00+hst	<b>\$21.23+hst</b>

### Student (15+)

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 the Student Membership rate.

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Student	\$32.00+hst	<b>\$14.76+hst</b>

### Youth/Child (6-14) Preschool (0-5)

We like to see young people at the YMCA. Children and youth can become YMCA members. We have many activities and courses that are designed specifically for these ages. The Lifestyle Centre is available to youth 10 years and older upon completion of our Teen Strength program.

<b>Monthly Rate:</b>		<i>Bi-Weekly for Comparison Only</i>
Youth/Child/Preschool	\$30.00	<b>\$13.84</b>

### Member Connect Program

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. It's easy, fun and do-able. Speak to one of our Membership Services staff for more information about our Member Connect initiative. See page 13 for more details.

### Building Enhancement Fee

All new adult or family memberships are subject to an \$85.00 Building Enhancement Fee. The Building Enhancement Fee will be used to make capital improvements in the YMCA. Prices are subject to all applicable taxes. If your membership is inactive for **3 months or more**, you will be required to pay the Building Enhancement Fee again.

### 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 Membership Services 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. Using your card to access change rooms helps maintain building security and ensures the safety of members and their possessions. All members are required to swipe their membership cards when accessing the facility.

## Guest Passes

YMCA members are welcome to bring a guest to try out the facility. YMCA members must be present at sign in. Guests 16+ must present photo id in order to be signed in. Each guest can access the facility a maximum of three times for free. They will then be required to pay a reduced day pass rate when they sign in with a member.

## Membership Hold Policy

Memberships can be placed on hold at any time for a minimum of one month to 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.

## Membership Cancellation Policy

The Balsillie Family Branch offers flexible membership options. No contracts are required. If you wish to cancel your membership, we require 10 days **written** notice prior to your next payment.

## All Inclusive Programs

As part of the All Inclusive Membership, all youth/child/preschoolers receive one free land and one free aquatic program per session.

## All Inclusive Missed Program Policy

If a participant misses 2 classes/lessons without notification to the program instructor, the participant will be contacted and removed from the program to accommodate a new member on the wait list.

## 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 Lifestyle Centre. Youth who are 10-14 years may take our Teen Strength program to use the equipment in the Lifestyle Centre.

## 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.
- **The 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 the male/female change rooms.
- **The Membership Plus change rooms** are only to be used by individuals who are 18+ years and possess a Plus membership.

## Spa Guidelines

- Children age 7 and under
  - Children age 7 and under are not permitted in the spa
- Children ages 8-12
  - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

## Pool Admission and Wristband Policy

Please see page 14 for swim guidelines for children & youth

## Children's Tax Credit – Save Your Receipts

The creation of the Children's Fitness Tax credit allows fees up to \$500 for enrollment 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.

## Day Passes

We do have options available for people looking to use the YMCA facilities for one visit. Please note: Any guest 16 years or older must exchange photo ID for a guest pass any time they wish to use the YMCA facilities.

## Cell Phones/Camera Policy

The use of cell phones and other electronic devices are not permitted in change rooms, washrooms, or program areas. (i.e.: Pool, Lifestyle Centre, and Gymnasium)

## 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 has started unless accompanied by a medical certificate. Refunds are subject to a \$10.00 administration fee. No refunds or credits for make up classes will be offered due to unforeseen circumstances (i.e. Power outage)

## Appropriate Attire

Attire should be suitably modest and appropriate for a family facility. Recommended clothing such as shorts, track pants, t-shirts, or sweatshirts and running shoes are required when using the program areas such as the gymnasium, Lifestyle Centre etc. For aquatic attire please see page 14.

## Summer Registration Begins

Members: Friday, May 23, 2014 at 6:00am

Non-Members: Friday, June 20, 2014 at 7:00am

## Fall Registration Begins

Members: Friday, August 8, 2014 at 6:00am

Non-Members: Friday, September 5, 2014 at 7:00am

## Camp Registration Begins

Friday, March 7, 2014

\*\*Members enrolling in all inclusive programming will have the option of over the phone registration. Please note: Those who come in to register in person will be served first. Payments will not be taken over the phone.\*\*

## Healthy Kids Day

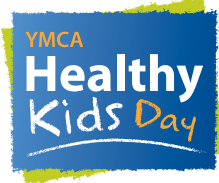
**Sunday, June 1st, 2014**

**10:00am - 1:00pm**

Please join us Sunday, June 1st as we celebrate Healthy Kids Day! Healthy Kids Day is a FREE community event celebrating the healthy growth and development of children and families, providing fun and engaging activities, practical information and simple ways for kids and families to be healthier together.

The YMCA will be collecting food for Kawartha Food Share starting June 1st. Please help us support Corus Feeds Kids.

**Free for Members and Non Members**



## We invite you to Volunteer!

Over 23,800 Canadians from communities across the country currently donate their time to the YMCA.

Whether you want to learn new skills, meet new people, make friends, help people improve their health, help children and youth as they grow into adults, or whether you want to make a difference in the lives of your community the YMCA can provide volunteering opportunities that fit your interests, skills and availability.

There are many benefits to volunteering:

- Give back to your community
- Gain valuable experience
- Meet people who share your interests
- Enhance your leadership skills, or
- Share your knowledge and life lessons with members of your community

The YMCA has a wide variety of volunteer opportunities to match your passion, skills and schedule. For more information, please contact the Balsillie Family Branch at 705-748-9622, drop by the Membership Services Desk or visit [www.ymcaofceo.ca](http://www.ymcaofceo.ca)

## Summer Hours of Operation

Effective: Saturday, June 28th, 2014

Monday to Friday: 5:30am - 10:30pm

Saturday and Sunday: 7:00am - 4:30pm

Holiday Hours: 7:00am - 4:30pm

Dates include: July 1st, August 4th and September 1st

## **NEW** July 1st Free Access

**Tuesday, July 1st**

**7:00-4:30pm**

The YMCA is offering free access for family and friends on July 1st. Come in for a swim or drop-in gym.

**Watch for our Fall Brochure  
coming August 2014**

## Peterborough & Lakefield YMCA Childcare

The YMCA of Central East Ontario Balsillie Family Branch operates licensed Childcare programs in Peterborough and Lakefield for Toddlers, Preschoolers, and School age children between the ages of 12 months (Ministry approval for 12-15 months) to 6 years of age. Before and After School care is also available in Lakefield for children 5 to 12 years of age at Ridpath Public School.

For more information please contact the Peterborough Childcare at 705-748-9622 and Lakefield Childcare at 705-652-7782.

## **Programs will not run on the following days:**

### **Spring Session:**

Victoria Day - Monday May 19, 2014

### **Summer Session:**

Canada Day - Tuesday, July 1, 2014

Civic Holiday - Monday, August 4, 2014

# Child, Youth and Family Drop In Programs

**Program Session**  
Summer June 30 - August 31, 2014

## Drop In Gym

**NEW** → 3-9 years of age

Children have the opportunity to interact with others and increase their gross motor skills and self confidence through participation in games, sports and playing on gym equipment.

To accommodate all of our members over the summer months, we have increased the age requirement for drop in. We will do our best to ensure that we provide a safe environment for all age groups. Behaviours that prevent other children from enjoying a positive drop in experience will not be tolerated.

Monday	9:30-11:30am
Wednesday	9:30-11:30am
Friday	9:30-11:30am
Saturday (ages 3-7)	9:00-11:30am (Studio 2)*
Members Included	Non-Members \$5.00 for day pass

\*Saturday drop in is for ages 3-7 due to space limitations and safety concerns.

## Drop In Crafts

**NEW** → 3-7 years of age

This drop in program will provide the opportunity for your children to create works of art! Each day there will be a different theme and will offer a range of different craft projects.

Tuesday	10:00-11:00am (MPR)
Thursday	10:00-11:00am (MPR)
Members Included	Non-Members \$5.00 for day pass

\*\*\*Children must be 3 years of age to stay on their own or their parent must supervise them in drop in programs. Parents must remain in the facility and be easily accessible while their children participate in the program. \*\*\*

## Drop In Gym For Families

Your whole family will love this time together! The gym will be open for you and your family to play fun activities and have a healthy time together.

Monday	6:30-8:00pm
Saturday	2:30-4:00pm
Members Included	Non-Members \$18.90 for day pass

## Youth Drop In

### Youth Night Supervised Program 7 to 9 years of age

Youth participants meet in the Multi-Purpose Room on a first come, first serve basis. Activities may include swimming, sports, movie nights, crafts and much more. All Youth participants must be signed in and out of the program. \*Please see the Youth Night Flyer and Parent Information Package for more information located at the Membership Services Desk\*

Fridays 7:00-9:00pm	
Members Included	Non-Members \$5.00

### Youth Night 10-14 years of age

Come out to the Y every Friday Night to play hoops in the gym, go swimming in our pool, dance in our studio, play squash or racquetball. All participants are required to be engaged in an activity offered by the YMCA. Large groups will not be permitted. All youth will be asked to leave the building at 9:00pm. Please ensure they have a safe way home.

Friday	7:00-9:00pm
Members Included	Non-Members \$5.00

\*Day passes cannot be purchased before 6:00pm or after 9:00pm\*

### Youth Basketball Drop In 13-18 years of age

Come on out and enjoy a friendly game of basketball with your friends.

Wednesday	8:30-10:00pm
Members Included	Non-Members contact the Membership Services Desk for rates.



# All Inclusive Membership Programs

All youth & preschool members receive one **FREE** land program per child per session.  
Cost for additional program and non-member rates:  
Members \$40.00 · Non Members \$60.00

## Parent & Tot Programs

### Totnastics 2-3 years of age

This is a wonderful program for you and your toddler to spend quality time together learning the basics of gymnastics. Your toddler will learn tumbling, balancing, skipping and climbing in a fun and stimulating environment.

Tuesday	9:30-10:15am
Wednesday	5:30-6:15pm
Thursday	3:15-4:00pm

### Mini Movers 2-3 years of age

This fun filled class is a combination of dance and gymnastics. Movement and motion are introduced through the use of fun props and great music. Motor skills, body awareness, hand-eye coordination, timing and rhythm are emphasized in a safe and positive learning environment. Mini Movers is a musical adventure that will capture your child's imagination.

Tuesday	3:00-3:45pm
Thursday	3:30-4:15pm
Saturday	11:30-12:15pm

### Soccer 1 2-3 years of age

Parent and child soccer is a great introduction to this wonderful sport. You will explore soccer by passing, shooting, kicking, running and having fun.

Monday	4:00-4:45pm
Tuesday	11:15-12:00pm

### Sports Mania 1 2-3 years of age

Children can develop athletic ability and improve confidence through sports and games. This program introduces the basics of different sports such as basketball, soccer, gymnastics, t-ball and yoga – just to name a few.

Tuesday	10:30-11:15am
Wednesday	4:30-5:15pm

### Fun Factory 2-3 years of age

This program is a great combination of fun games, creative crafts, cooking and exploration. Each week the instructor will have a surprise activity that allows participants to be creative and use their imagination.

Monday	2:00-2:45pm
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## Preschool Programs

### Gymnastics 1 4-6 years of age

Learn the fundamentals of gymnastics in a noncompetitive and fun environment. As participants learn new skills, they also experience coordination, balance and self confidence.

Thursday	4:00-4:45pm
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### Soccer 2 4-6 years of age

This is a fun way to enjoy and learn the fundamentals of soccer. Running, kicking, passing, games and sportsmanship are all a part of this exciting sport.

Monday	4:45-5:30pm
Friday	4:45-5:30pm

### Sports Mania 2 4-6 years of age

Sports, sports and more sports! Get ready to try out something different each week. Children will participate in drills, games, and other fun activities.

Tuesday	3:00-3:45pm
Friday	3:45-4:30pm

### Twinkle Toes 4-6 years of age

Children will learn the basics of dance through music and rhythms. Creative movements and simple step routines will be practiced using a variety of age appropriate music.

Tuesday	3:45-4:30pm
Thursday	4:15-5:00pm
Saturday	12:15-1:00pm

### Creative Crafts 4-6 years of age

Come get creative in our new arts program! Children will have the opportunity to work with a variety of materials such as clay, pastels, charcoal, woods, etc. Each week your child will have the opportunity to create a masterpiece.

Monday	2:45-3:30pm
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### Basketball 1 4-6 years of age

Learn to play one of the fastest growing sports in Canada. This program will teach children the basic skills needed to play the game plus lots of time to scrimmage as well.

Tuesday	4:00-4:45pm
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### Outdoor Science Kids 1 4-6 years of age

Science Kids will fuel your child's imagination and provide a fun, interactive, hands-on science experience that stimulates their mind. There are lots of discoveries to be made about the world around us. Some subjects we will cover are: the environment, chemistry, weather, health, electricity and more!

Wednesday	3:30-4:15pm
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# All Inclusive Membership Programs

All youth & preschool members receive one **FREE** land program per child per session.  
Cost for additional program and non-member rates:  
Members \$40.00 · Non Members \$60.00

## Youth Programs

### Youth Dance 7-9 years of age

Each class will cover a variety of different dance techniques, steps, positions, choreography and dance vocabulary. This program offers youth a positive environment where they can express themselves with confidence, individuality and character.

Tuesday 5:00-5:45pm  
Thursday 5:00-5:45pm

### Gymnastics 2 7-9 years of age

This is a safe and fun way to develop your skills in gymnastics. Learn to roll, tumble and balance through a variety of apparatus such as floor, spring board and other gymnastics equipment.

Thursday 4:45-5:30pm

### Gymnastics 3 10-13 years of age

Advance to the next level of gymnastics! Try out back rolls, back walk overs, tuck jumps, round offs, hand stands, back hand springs and bridges all in a safe and comfortable environment.

Thursday 5:30-6:15pm

### Soccer 3 7-9 years of age

This is an exciting way to learn the game of soccer and skill development. Kicking, running, shooting on the net and scrimmage are all a part of this program.

Monday 5:30-6:15pm  
Friday 5:30-6:15pm

### Outdoor Science Kids 2 7-9 years of age

Science Kids will fuel your child's imagination and provide a fun, interactive, hands-on science experience that stimulates their mind. There are lots of discoveries to be made about the world around us. Some subjects we will cover are: the environment, chemistry, weather, health, electricity and more!

Wednesday 4:15-5:00pm

### Basketball 2 7-10 years of age

Come out and further develop your shooting, passing and dribbling skills through drills and friendly competition.

Tuesday 4:45-5:30pm

### Volleyball 10-13 years of age

This program is designed to develop volleyball skills through drills and games while making new friends and becoming part of a team.

Monday 6:30-7:15pm

## KidsKare (fees apply)

Kidskare is a safe, fun and stimulating environment for parents leave their children newborn to age 9 in the safe hands of our qualified and caring staff.

Please bring a snack, drink, diapers, change of clothes, bottles and snuggle toys for your children during their time at Kidskare. All items should be labeled and kept in a designated bag for easy access to staff.

Parents must remain in the building at all times and inform the Kidskare staff where they will be in the facility.

There is a maximum stay of 2.5 hours per day, per child.

To ensure that we do not have illness outbreaks, please keep your children home if they are ill.

Kidskare cards can be purchased at the Membership Services desk.

Card	Member	Non-Member
5 hours	\$15.00	\$30.00
10 hours	\$30.00	\$60.00
20 hours	\$60.00	\$120.00

\*\*Please remember that we are an allergy aware facility. \*\*

Hours:	Monday-Friday	9:00-12:00pm 4:00-7:00pm*
	Saturday-Sunday Holidays	9:00-12:00pm 9:00-12:00pm

\*Summer hours: KidsKare closes at 7:00pm\*



## Come Celebrate Your Birthday Party at the YMCA!

Sit back, relax, and enjoy while we make your child's birthday unforgettable!

All parties include set up, decorations, pizza, juice and a party host. The YMCA will provide the cake or cupcake cake for an additional \$20 fee. Parties are available on Saturday and Sunday afternoons. Please book your party with one of the Membership Service Representatives. Upon booking a \$50 non-refundable deposit is required. For more information please visit our website at [www.ymcaofceo.ca](http://www.ymcaofceo.ca) or call 705-748-9642 ext. 221.

### Option 1 (1:00-4:00pm)

Three hour party including one hour of gym or craft activities, one hour of swimming, one hour in the party room.

Cost: Members \$17.00/child Non-Members \$21.00/child

### Option 2 (1:00-3:00pm)

Two hour party including one hour of gym or craft activities and one hour in the party room.

Cost: Members \$13.00/child Non-Members \$17.00/child



# Speciality Programs (fees apply)

## Youth Martial Arts

### Youth Jiu Jitsu 8 to 13 years of age

This program uses grappling and striking techniques to provide an effective defence system. Classes offer an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defence skills. New students do not need a high standard of physical fitness or flexibility to begin. Participants will find their endurance, strength, flexibility and speed all improve as training progresses. Jiu jitsu is also great fun to learn and participants generally find increased self-confidence & self-discipline through training.

Wednesday: 5:15-6:15pm and

Sunday: 10:00-11:30am

Members \$45.00

Non-Member \$96.00

### Youth Karate 7-13 years of age

Karate is a fun yet disciplined way to learn the importance of self defense through blocking, striking, and evading attacks. This martial arts program helps keep you physically and mentally fit to face the challenges of today's society. Our Karate instructor will help you set goals and guide you to achieve these goals in a safe and fun atmosphere.

Tuesday: 6:30-7:30pm and

Thursday: 6:30-7:30pm

Members \$45.00

Non-Member \$96.00

## Youth Yoga

### Yoga for Youth 6-13 years of age

Yoga is an ancient science and philosophy that has been practiced for thousands of years. Yoga for Youth combines dynamic movements, postures, breathing exercises and meditations to integrate a holistic program of physical fitness, education and social self awareness.

Tuesday: 4:00-4:45pm

Members \$32.00

Non-Members \$57.00

## Squash and Racquetball

Lessons and programming available for Squash and Racquetball. Please contact MaryAnne Wooldridge at 705-748-9622 ext. 259.

## Adult Martial Arts

### Jiu Jitsu 14 + years of age

Jiu Jitsu encompasses locking, throwing and striking techniques to provide an effective system for self defense. Classes offer an enjoyable atmosphere for participants to achieve a higher fitness level while gaining valuable self-defence skills.

\*\*New students do not need to possess a high standard of physical fitness, strength; flexibility and speed all improve as training progresses. \*\*

Monday: 8:15-10:00pm and

Thursday: 8:15-10:00pm

Members \$ 65.00

Non-Members \$110.00

### Karate 14 + years of age

Karate is a self defense system that includes blocking, striking and evading attacks. Karate is a great way to get active and requires no special equipment. Karate challenges us to practice and achieve higher grades for a sense of accomplishment. Karate is a fun and great way to get into the best shape of your life.

Tuesday: 7:30-9:30pm and

Thursday: 7:30-9:30pm

Members \$ 65.00

Non-Members \$110.00

### Japanese Martial Arts- Iaido & Jodo 14 + years

Iaido and Jodo are techniques used in Japanese martial arts that use swords and a wooden staff (Jodo). In Iaido participants use swords to practice motions without mental or emotional distraction. Jodo training involves the study of basic movements and prearranged attack and defence movements. Regular training develops timing, coordination, posture, decisiveness and focus.

Sunday: 12:30-2:30pm

Members \$ 50.00

Non-Members \$85.00

### Adult Judo 14 + years of age

Judo is a disciplined sport and excellent way to learn self-defense and fitness in a safe environment. This program is an excellent way to improve mind, body and spirit. This program is instructed by many of the best instructors in the area.

Monday: 6:30-8:00pm and

Thursday: 6:30-8:00pm

Members \$ 65.00

Non-Members \$110.00



## Adult Fitness Programs 14 +

### Bootcamp with Baby – Outdoor Walking Program

**Stroller required (Babies aged 4 weeks to crawling)**

**Note:** If you have a cesarean section, please wait 6 weeks postpartum before beginning this class.

Bring your baby to this fun, energetic and challenging bootcamp walking program. This class incorporates a combination of cardio, bodyweight resistance, core and flexibility exercises to help parents tone and strengthen their muscles. In the event of inclement weather be prepared to exercise inside.

**Tuesday** 9:30-10:30am  
Members \$15.00 Non-Members \$45.00

### Mishmarsh Fitness



These sessions are designed for adults with developmental disabilities. The group will participate in a variety of different activities to develop confidence while being physically active. This program is a partnership with Alternatives Community Program Services.

**Fridays** 1:00-2:00pm  
Members Included Non-Members \$38.00

### Zumba® Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

**Wednesday** 6:55-7:55pm  
Members \$26.00 Non-Members \$55.00

### Chess & Checkers

The games of Chess and Checkers are two of the most popular board games in the world. Whether you are a novice just looking for a fun game or a serious strategist looking for a new challenge, these games have something to offer you. Sitting down with a worthy opponent for a game of Chess or Checkers will exercise your brain.

**Thursday** 7:00-10:00am  
Members Included Non-Members \$64.00/monthly

## Teen Fitness

### Yoga for Running

Explore leg and core strength, general flexibility, posture and breathing related to running. This class is suitable for beginning to intermediate yoga students.

**Wednesday** 7:00-8:00am  
Members Included Non-Members \$45.00

## Teen Fitness

### Teen Strength 10-14 years of age

During this 9 week course, teens will learn proper etiquette in the Lifestyle Centre, proper use of the cardio equipment, weight machines and free weights. Teens will also learn about the YMCA and its role in developing and promoting physical activity. **Participants must attend all sessions in order to complete the course.** On the last day of the course, parent/guardians are required to attend the session. Teens will have opportunity to demonstrate the information they have learned.

**Wednesday** 4:30-5:30pm  
**Sunday** 1:00-2:00pm

### 1 Day Option for Teens 13-14 years of age

**July 20, 2014** 10:00-2:00pm  
Members \$28.00 Non-Members \$48.00

## Heart Wise Exercise



The YMCA of Central East Ontario is a partner with the Heart Wise Exercise Program. We are a network of community organizations who work with the University of Ottawa Heart Institute to provide exercise programs so individuals can exercise regularly to prevent or limit the effects of living with a chronic health condition.

### About Heart Wise Exercise:

- ✓ Individuals with or at risk of developing a cardiovascular or chronic health issue.
- ✓ Assists individuals in choosing exercise facilities and classes that are appropriate for heart health. Look for the Heart Wise Exercise logo for easy identification.
- ✓ Encourages regular, daily aerobic exercise.
- ✓ Encourages and incorporates warm up, cool down and self-monitoring with all exercise programs.
- ✓ Allows participants to exercise at a safe level and offers options to modify intensity.
- ✓ Inclusive for participants with chronic health conditions.
- ✓ Offers health screening (PAR-Q or PAR-med-X) for participants.
- ✓ Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to 911 and on-site AED.

## Cardio Based

### **Boxfit Combo** 60 minutes

Boxfit combo combines authentic boxing and kickboxing moves into an interval cardio fitness class with an emphasis on resistance particularly for the lower body. All levels welcome.

### **Zumba®/Resistance** 45 minutes

Join the this exciting Zumba dance class mixed with traditional resistance exercises for a great workout.

### **CycleFit** 45- 60 minutes

An exciting and high energy group fitness class performed on stationary bicycles. The instructor will lead you through cycling drills using musical cues that will challenge your body and your mind. Beginner and advanced options provided- all levels welcome! Members must sign up in person at the Membership Services Desk to participant in this class. The sign up sheet is available 45 minutes before class starts.

### **Hi/Lo** 45- 60 minutes

Hi/Lo Combo is an aerobics-based workout offering participants of all ages and fitness levels high- and low-impact options. This cardio workout combines choreographed moves with muscle conditioning and stretching.

### **Latin & Swing Dance** 60 minutes

Do you want an hour of quick feet, high energy and great music? Get a terrific workout while learning some fun dance moves you can use on any dance floor!! This class will keep you moving while grooving and it is guaranteed to keep you smiling and your feet tapping all day long.

### **Sculpt & Tone** 60 minutes

Take it to the next level, tighten and shape your physique. This class is a balance of aerobic and muscle conditioning exercises. Get ready for a great workout!

### **Step** 45- 60 minutes

Step aerobics offers a moderate to high-intensity cardiovascular workout. Participants will get a great full body workout while moving through the choreography of this class. Come out and give it a try!

## Core Stability

### **Core Strength and Stretch** 45 minutes

This is a muscle conditioning class to strengthen your core stabilizer muscles and help you to improve posture and balance. This is followed by 10-15 minutes of relaxation and stretching.

### **CoreFit** 30 minutes

This is a short and intense muscle conditioning class to strengthen your core stabilizer muscles to improve posture and balance.

## Muscular Strength and Endurance

### **\*Bootcamp** 45 minutes

A higher intensity class that is designed to increase speed and build muscular strength and endurance. The ultimate fitness class with complete body conditioning!! Also try the Bootcamp cardio class!

### **GentleFit** 60 minutes

This gentle-paced fitness class is appropriate for all ages and focuses on strength, endurance, range of motion, balance and mobility. Through the use of a combination of weights, stability balls and bands, this class builds your ability to accomplish everyday activities with greater ease.

### **Glute/Leg & Thigh Combo** 45 minutes

This class will help sculpt and tone muscles of the legs, glute, and thighs. A variety of equipment may be incorporated.

### **Simply Strength** 45- 60 minutes

Designed for all ages and all levels of fitness, this non-impact weight-training workout strengthens, tones and defines every muscle in your body. We use steps, stability balls, weights, bands and more for a total body workout.

### **Total Body Blast** 60 minutes

Are you ready for a total body workout? This class will incorporate both cardio and resistance portions through the integration of balance and core training. Challenge yourself with dynamic endurance training and finish off with flexibility.

### **InMotion Fitness** 45 minutes

This class is designed with the older adult in mind. Join new and long-time friends for fun, socializing and interactive fitness to keep your mind and body active. No experience required but participants must have the ability to hold weights and spend time on the floor and on a stability ball.



\*A higher intensity class

## Yoga and Stretching

### **Tai Chi** 60 minutes

A Tai Chi class designed for any fitness level. Tai Chi is a gentle movement designed for people of all ages and abilities. Tai Chi enhances an individual's full range of motion, strength and relaxation for improved health.

### **Hatha Yoga** 55 minutes

A form of yoga that emphasizes specific postures in combination with controlled breathing. This class is great for both beginners and advanced participants.

### **Power Yoga** 55 Minutes

A fast-paced, intense style of yoga where you constantly move from one pose to the next in a range of flow sequences. Emphasis of this yoga workout is on strength, flexibility, and endurance.

### **Relax and Rejuvenate** 45 minutes

Take some time for yourself. Enjoy this slow moving and tranquil class while making improvements in your flexibility.

### **Kundalini & Ashtanga Yoga** 60 minutes

This yoga class uses beginner and intermediate yoga asanas (postures) to help strengthen and lengthen every muscle in your body. Kundalini and Ashtanga Yoga is based on traditional Yoga practice and is designed to help you connect spirit, mind and body. This class will leave you feeling balanced, strong and flexible.

### **Yoga in Motion** 60 minutes

This class invites beginner to advanced participants to experience sequenced postures with an emphasis on both motion and meditation. Using combinations of Flow and Hatha Yoga, Yoga in Motion will introduce participants to the value of guided meditation and a greater understanding of overall wellness in reducing stress and realizing ones potential.

### **YogaFit** 60 minutes

Challenge your body, mind and spirit as you move through a series of active flow yoga sequences that enhance strength and ability. Beginner and intermediate participants alike will enjoy this challenging yet relaxing class.



## 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. Aquatics Member Connect also available

### Member Connect is designed to help you in many ways:

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

### In a series of one-one-one meetings 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 experience 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 staff for more information about our Member Connect initiative.

## What is Personal Training?

Do you want to enhance your self confidence, reduce stress and anxiety, have more energy, become stronger and manage your overall health and wellness? Is the path to improved health and wellness intimidating and a bit overwhelming? Then Personal Training is for you! Our certified personal trainers work one on one with you to help you achieve your personal goals. They will ensure your workout is beneficial in improving your body composition, physical performance and potential healthy outcomes. A Personal Trainer will ensure you are held accountable in reaching your goals; and more importantly, they make sure you don't have to do it alone.

### Personal Training Facts:

- People that workout with a Personal Trainer get 80% better results, 3 times faster
- Working with a Personal Trainer increases motivation and energy level
- Personal Trainers ensure the safety and proper execution of exercises

Payment plans are available for some Personal Training packages. Please see Membership Services for more information.

### SGT - Small Group Training

Do you have a group of friends that you'd like to get in shape with while having fun at the same time? Why not share a Personal Trainer and workout together with SGT Small Group Training.

Training sessions will be designed to meet the needs and preferences of your group using a variety of conditioning techniques and tools.

Available for groups of 2-6 people.

Group of 2 people = \$32.00 each

Group of 3 people = \$24.00 each

Group of 4 people = \$19.00 each

Group of 5 people = \$16.00 each

Group of 6 people = \$14.00 each

## Aquatic Personal Training

### Top 10 Reasons

1. Breathing Techniques
2. Improve your Agility
3. Vertical water training
4. Interval Training
5. Improve flexibility and prevent injury
6. Learn about magic properties of the water and leave your workout feeling good.
7. Video analysis
8. Increase your leaver and propel better
9. Increase hand speed
10. Have more fun in the water

## Nutritional Coaching

### What is Nutrition Coaching?

Need help navigating the confusing and often conflicting world of food and nutrition? Learning when to eat and what to eat can be difficult and involves education and practice. Whether your diet needs a complete overhaul or you just need some quick food tips, nutrition consulting can be a great investment in your health. A registered holistic nutritionist will analyze your current dietary habits and behaviours and will assist you in developing a personalized nutrition plan that will empower you to reach your goals.

### Possible Benefits of working with a Nutritionist

- Increased Energy Levels
- Better Sleep
- Improved Immune System
- Weight loss
- Clearer Skin
- Reduction of stress through diet & nutrition

### Sessions may include:

- Discussion of eating habits
- Planning a meal on a budget
- Body Systems Analysis
- Digestive Disorders
- Behaviour Modification Strategies and Goal Settings
- Allergies and Sensitivities

### Group Nutrition and Wellness Workshops

Interested in learning more but prefer a group setting? Weekly workshops will address current hot topics in nutrition such as gluten and gluten sensitivities, calorie restrictive diets, debunking fad diets and eating locally. Each week participants can expect hands-on demonstrations, food sampling, shopping tips and recipes. Guest speakers including local merchants and alternative health practitioners will be included in weekly workshops.

For more information on Personal Training, Aquatic Personal Training or Nutrition Coaching options and packages please contact Wesley Letsholo at [wesley\\_letsholo@ymca.ca](mailto:wesley_letsholo@ymca.ca) or 705 748 9642 Ext 230.

## Cell Phone / Camera Policy

The use of cell phones and other electronic devices are not permitted in our washrooms, change rooms and program areas i.e. Pool, Lifestyle Centre and Gymnasium.

### Facility Swim Test

The YMCA swim test consists of a foot first jump into the deep end with a safe recovery to the surface followed directly by a 25 metre consistent, uninterrupted swim to the shallow end.

### Facility Rules

In order to ensure that all our members and participants are safe while they are using the pool, we ask that the rules below are followed:

- No outdoor footwear or strollers on the pool deck
- All bathers must shower before entering the pool area
- No food, drink or gum is permitted on the pool deck (plastic bottles containing water may be permitted)
- Please stay off the railings, lane ropes and buoy lines
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required (modest bathing suit or clean clothing reserved for swimming)
- Please walk on the pool deck
- No spitting or spouting the water
- Swim diapers are required for those who are not toilet trained
- No water wings or inflatable toys are permitted in the pool
- Those with serious medical conditions should notify the aquatic staff

### Wait Lists

Waiting lists are available for those classes or times that may be full. Please ensure you sign up at the Membership Services desk to place yourself or child on the waitlist. Participants will be called when spaces become available.

### Missed Lesson Policy

Due to the busy schedules of our instructors, we are unable to schedule a make-up lesson missed by a participant.

### Progress Cards

All participants of a YMCA swim program will receive a full colour progress card at the end of each session. We ask that you return this card to your child's instructor upon the start of a new session. If you are unable to attend the last lesson, progress cards will be available for pick up in the aquatic office.

### Spa Guidelines

- Children under 8 years of age
  - Children under the age of 8 are not permitted in the spa
- Children ages 8-12
  - Children between the ages of 8 years to 12 years are not permitted in the spa unless accompanied by a person who is 16 years of age or older

### Appropriate Attire

Bathing suits should be suitable, modest and appropriate for a family facility or clean clothing reserved for swimming.

## **NEW** 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/guardian 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 arm's reach of the child(ren) at all times, both in and out of the water.

## Aquafitness

### Aquafit



This class is an aerobic based workout that provides those with all different fitness levels options to fit their needs. This class is offered in the small pool

<b>Monday and Wednesday</b>	<b>7:00-7:45am</b>
<b>Monday – Friday</b>	<b>12:15-1:00pm</b>
<b>Monday</b>	<b>7:00-7:45pm</b>
<b>Saturday</b>	<b>11:00-11:45am</b>
<b>Members: Included</b>	<b>Non-Members: \$40.00/once a week</b>

### Aquatherapy



Aquatherapy classes focus on range of motion, flexibility and strength. All moves are at a gentler pace and excellent for arthritis, fibromyalgia and those with joint conditions. This class is offered in the small pool.

<b>Monday – Friday</b>	<b>11:30-12:15pm</b>
<b>Tuesday and Thursday</b>	<b>8:00-8:45am</b>
<b>Members: Included</b>	<b>Non-Members: \$40.00/once a week</b>

### Aqua Bootcamp

This intense cardio and muscle conditioning class is open to both men and women wanting to try something different. This water-based fitness class will incorporate cardio, muscle conditioning and stretching using the resistance of the water for every movement. Water can be used to offer the level of intensity that is right for you.

<b>Thursday</b>	<b>7:00-8:00am – Shallow Water</b>
<b>Members Included</b>	<b>Non-Members:\$40.00</b>

### Deep Water Aquafit



This is a high energy class that combines water running, muscle resistance, and a cardio workout. Floatation belts are used to provide support in the deep water. Please note Friday's class will work specifically on resistance training by the use of tethers in the water. This class is offered in the large pool.

<b>Monday, Wednesday, Friday</b>	<b>1:00-2:00pm</b>
<b>Wednesday</b>	<b>7:45-8:30pm</b>
<b>Members: Included</b>	<b>Non-Members: \$40.00/once a week</b>

### Parent and Tot Aquafit

For parents and tots ages 6 months to 3 years. Aquafit for parents and tots is a great way to stay in shape while having fun with your child. This class offers fitness, fun and togetherness. This class is offered in the small pool.

<b>Wednesday</b>	<b>9:00-10:00am</b>
<b>Members: Included</b>	<b>Non-Members: \$40.00/once a week</b>

### Pre/Post Natal Aquafit

Expecting mothers and new mothers will enjoy this fitness class. This class is designed to increase muscle tone and joint flexibility. This class takes place within the shallow and deep water in the large pool.

<b>Wednesday</b>	<b>7:00-7:45pm</b>
<b>Members: Included</b>	<b>Non-Members: \$40.00</b>
<b>Registration Required</b>	

## Adult Specialty Programs

### Learn to Swim

This program is geared towards adults who seek to gain comfort in the water. Participants will work with an instructor to learn to swim in a safe aquatic setting. Learn to Swim is best suited for individuals with little to no swimming experience.

<b>Monday</b>	<b>7:00-8:00am</b>
<b>Members: \$39.00</b>	<b>Non-Members: \$63.00</b>

### March of Dimes Therapy Swim

This swim is supported by Ontario March of Dimes. Appropriate for adults with physical disabilities or limited mobility. This swim is unstructured therefore providing individuals the opportunity to swim at their leisure in warm water.

<b>Tuesday and Thursday</b>	<b>7:00-8:00pm</b>
<b>Members: Included</b>	<b>Non-Members: included</b>
<b>Registration Required</b>	<b>Registration Required</b>

### Stroke Development and Swim for Fitness

This program provides individuals with an opportunity to improve physical fitness through coaching and promoting stroke improvement and stroke efficiency. This program is geared to adults who are confident swimmers and are interested in swimming for health and fitness.

<b>Monday</b>	<b>8:00-9:00pm</b>
<b>Tuesday, Thursday</b>	<b>7:00-8:00am</b>
<b>Members: \$39.00</b>	<b>Non-Members: \$63.00</b>

### Underwater Hockey

Underwater Hockey is a worldwide recognized sport played right here at the bottom of the large pool. This non contact, pick-up style sport is enjoyed by men and women ages 16 years and older. Underwater Hockey is an excellent cardio and aerobic workout. New participants are welcome to watch or come out for a game. Participants are required to bring a mask, snorkel and fins.

<b>Tuesday</b>	<b>9:00-10:00pm</b>
<b>Thursday</b>	<b>9:00-10:00pm</b>
<b>Members: Included</b>	<b>Non-Members: \$39.00/once a week</b>
<b>Registraton Required</b>	<b>\$63.00/twice a week</b>



# Aquatic All Inclusive Membership Programs

**Program Session**  
Summer: June 30-August 31

## Aquatic Levels For Child and Youth

Child and Youth members receive one FREE aquatic program per session. Cost for additional class and non-member cost:

Members: Included

Non-Members: \$80.00

### Nine Week Sessions

These lessons are offered once a week for nine weeks

#### Splashers & Bubblers 6 months to 3 years – parented

Tuesday	Wednesday	Thursday
5:10-5:40pm	4:35-5:05pm	5:45-6:15pm

#### L'il Dippers 3 to 5 years – Independent swim lessons

Tuesday	Wednesday	Thursday
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm

#### Learn to Swim 6 years and older

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

#### Star Swim Program: Star 1-4

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

Tuesday	Wednesday	Thursday
4:00-4:30pm	4:00-4:30pm	4:00-4:30pm
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm
6:20-6:50pm	6:20-6:50pm	6:20-6:50pm

#### Star Leadership Program (65 min class) Star 5, 6, 7 (Formerly Master Swimmer)

Tuesday	Wednesday	Thursday
5:45-6:50pm	5:10-6:15pm	4:00-5:05pm

### Two Week Sessions

These lessons are offered every day, Monday to Friday, for a two week period.

Session 1	Session 2	Session 3	Session 4
June 30-July 11 No class July 1	July 14-25	July 28-Aug. 8 No Class Aug 4	Aug. 11-22

#### Splashers & Bubblers 6 months to 3 years – parented

Session 1	Session 2	Session 3	Session 4
10:10-10:40am	9:00-9:30am	9:35-10:05am	10:45-11:15am

#### L'il Dippers 3 to 5 years – Independent swim lessons

Session 1	Session 2	Session 3	Session 4
9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am
9:35-10:05am	9:35-10:05am	9:35-10:05am	9:35-10:05am
10:10-10:40am	10:10-10:40am	10:10-10:40am	10:10-10:40am
10:45-11:15am	10:45-11:15am	10:45-11:15am	10:45-11:15am

#### Learn to Swim 6 years and older

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

#### Star Swim Program: Star 1-4

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

Session 1	Session 2	Session 3	Session 4
9:00-9:30am	9:00-9:30am	9:00-9:30am	9:00-9:30am
9:35-10:05am	9:35-10:05am	9:35-10:05am	9:35-10:05am
10:10-10:40am	10:10-10:40am	10:10-10:40am	10:10-10:40am
10:45-11:15am	10:45-11:15am	10:45-11:15am	10:45-11:15am

#### Star Leadership Program (65 min class) Star 5, 6, 7 (Formerly Master Swimmer)

Session 1	Session 2	Session 3	Session 4
9:00-10:05am	10:10-11:15am	10:10-11:15am	9:35-10:40am





## Private Swimming Lessons (fees apply)

### Private Swimming Lessons

The YMCA offers one-on-one swimming lessons for all ages, tailored to individual need and ability. Private lessons are a great way to increase skill level by working with a qualified swim instructor. Semi-private lessons are available for children with similar swimming abilities. Semi-private registration is not available unless both participants are present at registration. If you are interested in semi-private lessons but do not have a partner, please contact the Aquatic Supervisor at ext 227.

Please note: Due to the busy schedule of our instructors, we are unable to re-schedule another lesson if a class is missed by the participants.

Weekly Private Lessons				
Mondays (8 Weeks)	Tuesdays (8 weeks)	Wednesdays (9 weeks)	Thursdays (9 weeks)	Fridays (9 Weeks)
June 30-August 25 (no class Aug. 4)	July 8-August 26 (no class July 1)	July 2-August 27	July 3-August 28	July 4-August 29
9:00-11:00am	9:00-11:00am 4:00-6:30pm	10:00-11:00am 4:00-6:30pm	9:00-11:00am 4:00-6:30pm	9:00-11:00am

Two Week Sessions Private Lessons (Monday-Friday)			
June 30-July 11	July 14-25	July 28-August 8	August 11-22
9:00-11:00am 1:00-2:00pm	9:00-11:00am 1:00-2:00pm	9:00-11:00am 1:00-2:00pm	9:00-11:00am 1:00-2:00pm

Private Lesson Fee: Members \$19.00/lesson  
Semi Private Fee: Members \$14.00/lesson

Non-Members \$25.00/lesson  
Non-Members \$19.00/lesson



### Aquatic Personal Training

Aquatic Personal Training can be set up to accommodate individuals who are interested in adding aquatic fitness to their lifestyle. Training in the water can range from advanced stroke training or vertical cross training to rehabilitation therapy.

For more information contact Wesley Letsholo at 705-748-9642 ext. 230.

## Bronze Star

*Prerequisite: Completion of Star 6 and minimum 10 years of age*

Bronze Star is the first member of the Lifesaving Society's Bronze Program. Participants will work on material in three categories: water proficiency, first aid and recognition of rescue situations. Bronze Star is not a prerequisite to Bronze Medallion but it will prepare you for the challenge.

Two Week Session 1:00-2:30pm daily  
June 30-July 11 (No class July 1)  
Members \$82.00 Non-Members \$130.00

## Bronze Medallion and Emergency First Aid

*Prerequisite: Minimum 13 years of age or Bronze Star Certification*

This is the first step towards lifeguarding qualifications. Participants will learn aquatic emergency recognition and safe rescue techniques. Includes the Canadian Lifesaving Manual.

Two Week Session July 14-25 12:30-4:00pm daily  
Members \$160.00 Non-Members \$211.00

## Bronze Cross

*Prerequisite: Bronze Medallion and Emergency First Aid certifications*

This course is recognized as an assistant lifeguard award. Participants will learn advanced lifesaving techniques and will be prepared for NLS.

Two Week Session July 28-August 8 12:30-4:00pm daily  
(No class Aug 4)  
Members \$140.00 Non-Members \$182.00

## National Lifeguard Service

*Prerequisite: Minimum 16 years of age, Bronze Cross and Standard First Aid Certification*

Note: 100% attendance and participation is mandatory. Must bring proof of certifications to the first class.

NLS is the nationally recognized Lifeguarding qualification. Participants should be prepared for a detailed course covering supervision, prevention, and rescues in an aquatic environment. Includes Lifesaving Society Alert Manual.

August 11, 12, 13 Monday - Wednesday  
August 18, 19 and 20 9:00am - 7:00pm  
Members \$275.00 Non-Members \$380.00

## 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.

Wednesday July 2-August 20 5:00-8:00pm  
Members \$90.00 Non-Member \$120.00  
Material Fee \$20.00

## 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".

Friday, August 15, 22 5:00-9:00pm  
Saturday, August 16, 23 10:00am - 7:00pm  
Sunday, August 17, 24 10:00am - 7:00pm  
Members \$150.00 Non-Member \$175.00  
Material Fee \$20.00

## National Lifeguard Service Recertification

*Prerequisite: NLS, Standard First Aid and CPR "C"*

To use NLS for Employment it must be renewed every two years. Recertification is accomplished by demonstrating all NLS and Standard First Aid test items

Monday, July 7, 2014 4:00 - 9:00pm  
Members \$60.00 Non-Members \$84.00

We encourage participants in the aquatic leadership courses to volunteer to enhance their learning experience.

For more information speak to the Aquatic Supervisor.



# YMCA of Central East Ontario

[www.ymcaofceo.ca](http://www.ymcaofceo.ca)

## **Balsillie Family Branch- Peterborough**

123 Aylmer St. South, Peterborough K9J 3H8  
(705)748-9622

## **Belleville Branch**

433 Victoria Ave, Belleville K8N 2G1  
(613) 966-9622

## **City of Quinte West Branch**

50 Monogram Place, Trenton K8V 5P8  
(613) 394-9622

## Hours of Operation

**NEW**

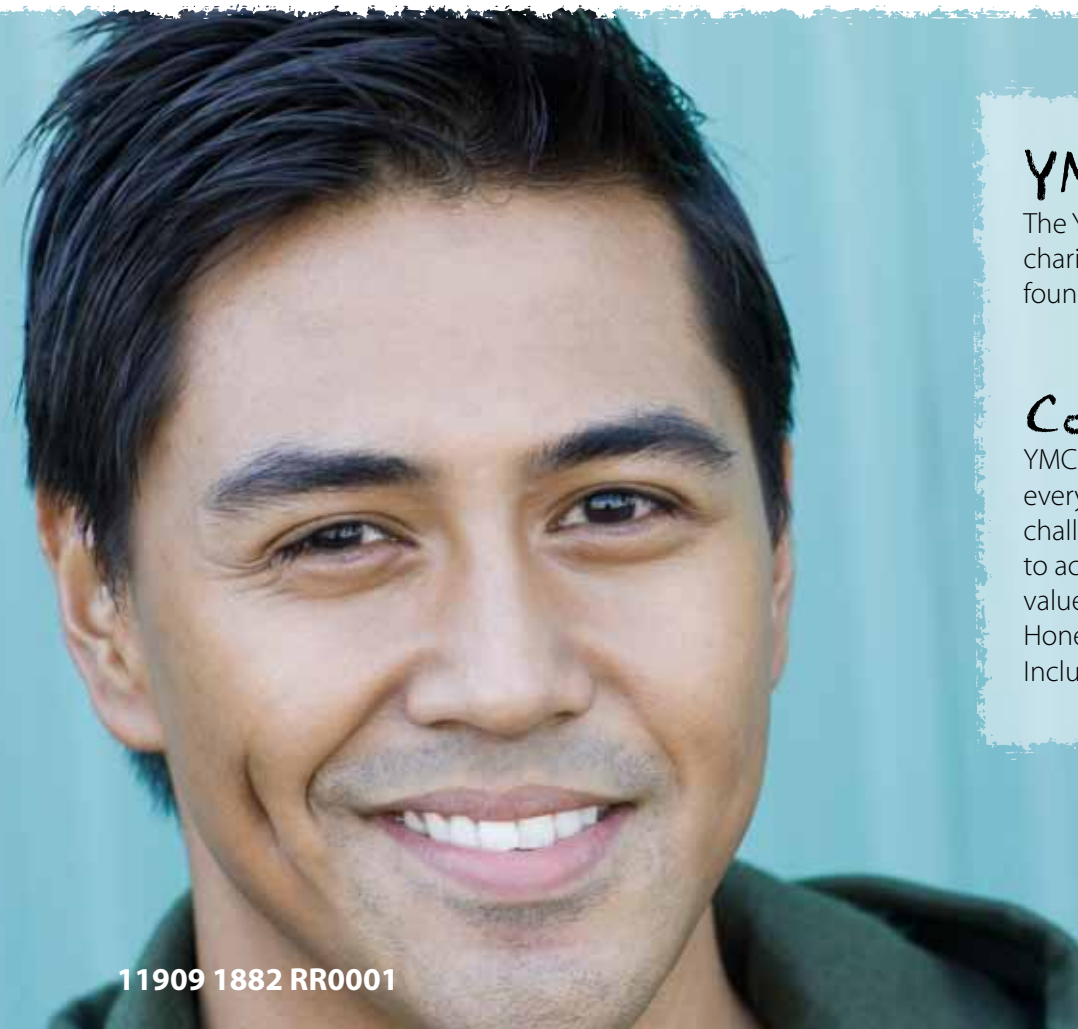
Effective Saturday, June 28, 2014

Monday to Friday	5:30am to 10:30pm
Saturday and Sunday	7:00am to 4:30pm
Holiday Hours:	7:00am to 4:30pm
Holiday Dates:	July 1, August 4, September 1

*Note: Program areas close 15 minutes before building.*

## Member Etiquette

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity and to use our facility in a responsible manner.



## YMCA Mission

The YMCA of Central East Ontario is a charity dedicated to strengthening the foundations of community.

## Core Values

YMCA Core Values guide our everyday decisions and actions. We challenge everyone involved with us to accept and demonstrate positive values. Our Core Values are Caring, Honesty, Respect, Responsibility and Inclusiveness.

11909 1882 RR0001



United Way  
Peterborough & District