



YMCA of
Central East Ontario
Belleville & Quinte Region
Summer Programs
Day Camps and
Memberships 2012



*Building healthy
communities*

Belleville Branch Summer Youth Programs

Teen Strength

Teens will learn proper YMCA etiquette in the conditioning 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 complete 12 classes and a practical evaluation in order to graduate. On the last day of the course participants will demonstrate the information they have learned by leading a parent/guardian through an orientation in the conditioning centre.

Ages 10-15
Wednesday

5:00 - 6:00pm

6:00 - 7:00pm

Saturday
YM - No Charge

10:00-11:00am

NM - \$80.00

Saturday Morning Programs Y World of Sports

A rotational sports program where the focus is on skill development and fun. We promote and encourage participation regardless of ability level and allow participants to experience various sports.

Ages 4 - 6 and 7 - 9
YM - No Charge

10:00am - 10:45am

NM - \$80.00

Twinkle Toes

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.

Ages 4 - 6
YM - No Charge

10:00am - 10:45am

NM - \$80.00

Just Dance

Each weekly class will cover various dance techniques, steps, positions, choreography and dance vocabulary. Dancers will participate in a performance for family and friends during their final class.

Ages 7 - 9
YM - No Charge

11:00am - 11:45am

NM - \$80.00

Family Fun Zone

Families can drop in and 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.

11:15am - 12:00pm

Volleyball

Learn the skills of Volleyball through drills and game time while making new friends and being part of the team.

Ages 7 and up
YM - No Charge

11:15am - 12:00pm

NM - \$80.00

Youth Room Summer Hours

Monday, Tuesday, Thursday, Friday 5:00 - 7:00pm

Wednesday 5:00 - 8:00pm

Wednesday is Family Night at the YMCA

We invite your family to come participate in our Fun Zone from 6pm until 8pm. There will be a bouncy castle, many fun activities for all ages and the pool is available from 7pm-8pm.

****Please note YMCA Members may register in any two dry land programs at no charge**

Program Registration Opens
YMCA Members Monday, May 14, 2012
Non - Members Monday, May 28, 2012



Belleville Branch Summer Aquatic Programs

Day Time Swim Lessons

MONDAY - THURSDAY, 2 WEEK SESSIONS

Session 1: July 2 - July 12, 2012
Session 2: July 16 - July 26, 2012
Session 3: July 30 - August 9, 2012
Session 4: August 13 - August 23, 2012

**YMCA Members
may register in
a set of lessons
per session at
no charge**

Splashers & Bubblers

MONDAY - THURSDAY, 2 WEEK SESSIONS

Register for any of the 2 week daytime lessons for you and your little one.

Ages 6 months - 3 yrs Parented
Time available: 10:05am
YM - No Charge NM - \$80.00

All Non-Parented YMCA Swim Levels

MONDAY - THURSDAY, 2 WEEK SESSIONS

Register for any of the 2 week daytime lessons.

Ages 3 - 13 yrs
Times available: 9:30am, 10:05am or 10:40am
YM - No Charge NM - \$80.00

Once Per-Week Swim Lessons

EVENINGS OR SATURDAYS

Session Available: July 7 - August 25, 2012

Splashers & Bubblers

Register for any of the 1 day a week lessons for you and your little one.

Ages 6 months - 3 yrs Parented
Days Available: Monday, Tuesday, Wednesday or Thursday
Time available: 5:40pm
Saturdays 9:35am or 11:20am
YM - No Charge NM - \$80.00

All Non-Parented YMCA Swim Levels

Register for any of the 1 day a week lessons listed below.

Ages 3 - 13 yrs
Days Available: Monday, Tuesday, Wednesday or Thursday
Time available: 4:30pm, 5:05pm
5:40pm, 6:15pm
Saturdays: 9:00am, 9:35am
10:10am, 10:45am
11:20am
YM - No Charge NM - \$80.00

Private Lessons

Individual 30 minute lessons for participants who want close attention or attention to specific problem areas are available. Lessons will be taught at the same time as group lessons. Register at the sales and service desk, then meet your instructor on the pool deck!

****To book semi-private lessons you must have a second child interested and book at the same time.**

Private Lesson Fees
YM - \$16.00 per lesson NM - \$21.00 per lesson
Semi-Private Fees
YM - \$9.00 /person/lesson NM - \$12.00 /person/lesson

Adult Swim Lessons

Have you always wanted to learn how to swim? Maybe you would just like to improve your stroke. These lessons will help you with both of these goals.

Session: July 2 - August 27, 2012
Monday Evenings 8:00 - 8:45pm
YM - No Charge NM - \$80.00+hst

AQUATIC LEADER CORPS

This program is designed to aid in the development of our community's youth into leaders in aquatics. The program is designed for those 10 - 15 years of age who have a desire to volunteer or work in a pool environment. Participants will work on Lifesaving, Swimming and Fitness Skills to help them succeed in the Advanced Lifesaving Course. In addition participants have the opportunity to volunteer as assistant Lifeguards and assistant swim instructors. Youth who wish to complete their Master Swimmer and Bronze Star should attend this program.

July 8 - August 26, 2012
Sundays 11:00am - 1:00pm
YM - No Charge NM - \$80.00

Bronze Medallion / Cross & First Aid

Prerequisite: 13 years of age or successful completion of Bronze Star
July 4 - August 29, 2012
Wednesday Evenings 6:00 - 9:00pm
YM - \$150.00+hst NM - \$190.00+hst
Manual Fee - \$65.00+hst

Belleville Branch Triathlon

Join us on the streets around the YMCA for our annual Triathlon. Registration begins at 8:30am. Events start at 9:00am.
Ages 3 - 12
Sunday, July 22, 2012
Call Sandy Boyle at (613)966-9622 ext 228 for more information.

Belleville Branch Summer Adult Programs

****For Convenience YMCA Members have full access to all non registered adult programs and may attend any class at anytime.**

AquaFit

Monday - Friday 8:00 - 8:45am
 Monday, Wednesday and Friday 8:45 - 9:30am
 11:15 - 12:00pm
 Tuesday and Thursday 1:00 - 1:45pm
 Thursday 8:00 - 8:45pm

Aqua Jogging

Tuesday 8:15 - 9:00pm

Aqua Yoga

Tuesday and Thursday 8:45 - 9:30am

Cardio/Core - Sculpt

A circuit style class that combines cardiovascular, core and resistance training. Exercises can be modified to suit any fitness level.

All are welcome!

Monday 9:30 - 10:30am (Full Gym)

The Lean Body Workout

Build a lean body by using resistance to increase lean muscle tissue, burn calories and decrease body fat.

Tuesday 7:30 - 8:30pm (Full Gym)

Thursday 6:15 - 7:15pm (Full Gym)

Simply Strength

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

Saturday 9:00 - 10:00am (Full Gym)

Gentle Fit

All are welcome but geared towards the older adult. Individual fitness levels may vary. Modifications will be given to increase or decrease the intensity of strength, flexibility and balance exercises using weights and chairs.

Monday, Wednesday & Friday 8:30 - 9:15am (Full Gym)

Step

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

Wednesday 6:15 - 7:15pm (Full Gym)

YMCA cycleFit

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

Monday & Friday 12:10 - 12:55pm

Monday & Wednesday 5:30 - 6:15pm

Tuesday & Thursday 8:30 - 9:15am

6:15 - 7:00pm

Hi Lo

An aerobics 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 6:15 - 7:15pm (Full Gym)

YogaFit

Clear your mind and release tension from your body as you move through various yoga inspired postures and stretches.

Monday 7:30 - 8:30pm (Auditorium)

Wednesday 9:30 - 10:30am (Full Gym)

Zumba

It's an exhilarating, easy-to-follow, Latin-inspired, high energy, calorie-burning dance fitness-party!

Tuesday 6:15 - 7:15pm (Full Gym)

Pilates

Focuses on the theory that physical development comes from a strong core, back and shoulders.

Friday 9:30 - 10:30am (Full Gym)

Tabata Training

Tabata Training or High Intensity Interval Training is an enhanced form of exercise that alternates periods of 20 seconds of intense exercise with 10 second recovery periods. Exercises will be both cardiovascular and strength based using a variety of equipment. This form of training is an excellent way to maximize a workout that is time limited.

Wednesday 12:10 - 12:45pm (Half 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.

July 3rd - September 6th, 2012

Tuesday & Thursday 1:30 - 3:00pm

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

Memberships and Policies

Monthly Fees

Adult - \$45.00 + hst
Adult Plus - \$60.00 + hst
Senior (ages 60+) - \$40.00+ hst
Student (ages 15+) - \$32.00 + hst
Youth / Child (under 14yrs) - \$27.00
Adult Couple - \$75.00 + hst
Adult Couple Plus - \$98.00+ hst
Senior Couple - \$65.00 + hst

Family Monthly Fees

Family - \$83.00 + hst
Family Plus - \$102.00 + hst
- Family Memberships include 2 adults and dependent children under the age of 21 living in the same household.

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 2 weeks written notice prior to your next payment.

****Please note that the Membership Plus changerooms are ADULT ONLY. Any children /youth under the age of 18 must use Male, Female or Family Changerooms. Maximum 2 Plus memberships per family.**

****Membership Plus only available at the City of Quinte West Branch**

Enhancement Fees

This is a non-refundable fee to maintain and upgrade YMCA facilities. Those using the YMCA today are beneficiaries of yesterday's supporters and donors.

Adults/Seniors/Students - \$50.00 + hst / Family, Couple or Membership Plus \$75.00 + hst / Child/Youth - \$25.00

Membership Benefits

Get healthy, meet new friends, personal growth & development, program variety, new experiences, a friendly welcoming environment, reduced fees on programs.

Membership Features

Arc Trainers, Treadmills, Ellipticals, Cardio Waves, Lifecycles, Recumbent Lifecycles, Rowing Machines, Keiser M3 Indoor Group Cycling, Strength Training Equipment including TechnoGym, Hammer Strength, Lifefitness and Nautilus, Free Weights, Aerobic Classes, Aqua Fitness, Open Swims, Lane Swimming, Gymnasium, Recreational Sports, Shower & Locker Facilities

Join for as long as you like

Memberships are established on a continuous basis using pre-authorized cheque or credit card. Using this plan we allow you to join the YMCA and be a member for as long as you want. Monthly payments are renewed automatically each year, unless you notify us in writing.

YMCA KidsKare Service

Kidskare is a safe, fun and stimulating environment for parents to leave their children in the hands of qualified and caring staff.
**** Not available on Stat Holidays.**

Monday to Friday 8:30am - 12:00pm
Monday to Thursday 5:00pm - 8:30pm
Saturday 8:30am - 11:30am

Only \$20.00 per month for one child

Reduced fees for additional children from the same family. Parents must remain in the building.

Hours of Operation

Monday to Friday 6:00am - 10:00pm

Saturday and Sunday 7:30am - 5:30pm

Holiday Hours

During the statutory holidays listed below, our facility hours will be 9:00am - 2:00pm.

****On these days there will not be any fitness classes available.**

- Family Day, Good Friday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Boxing Day and New Year's Day

**** The YMCA will close at 2:00pm on Christmas Eve and New Year's Eve and will be closed on Christmas Day.**

Program/ Camp Cancellation Policy

All refund/cancellation requests must be made in person 7 days prior to the program start date and 14 days prior to the start of the Camp Session. Refunds and credits are not offered after a program starts unless accompanied by a medical certificate. Refunds are subject to a \$10.00 administrative fee.

Cell Phones / Camera Policy

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

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.

YMCA Financial Assistance

The YMCA of Central East Ontario strives to serve all segments of our community. If you or your family would benefit from a YMCA program, yet are unable (*not unwilling*) to pay full cost, you may apply for assistance.

Applications/Inquiries may be made at the Membership Sales and Service Desk.



City of Quinte West Branch Summer Youth Programs

Teen Strength

Youth under the age of 15 must take the Teen Strength program in order to use the Strength & Conditioning Center. This program will give them a basic understanding of training principles and fitness concepts as well as teach them how to use the resistance and cardio machines safely. Youth who graduate this program will be issued a sticker to go on their membership card that will allow them to use the Strength & Conditioning Center with a parent or guardian.

Ages 10-14 years

Choose one of the following time slots:

Tuesday or Thursday
6:00 - 7:00pm

Available to **YMCA MEMBERS ONLY**, no cost.

Wednesday Night Programs Ultimate Frisbee

Come join us in this active, fun and innovative activity while the weather is nice! Each week we will work on various skills then proceed into a scrimmage.

Ages 10-13
Ages 14-18
YM - No Charge
NM - \$80.00

Saturday Morning Programs Kidnastics

Learn the fundamentals of gymnastics in a noncompetitive and fun environment. As participants learn new skills, they also experience enhanced coordination, balance and self-confidence. A show will be performed during the final class for parents, family members and friends.

Parent & Tot - Ages 2-4
Tiny Tumblers - Ages 3-5
Fancy Tumbler - Ages 6-9
Tumbler
YM - No Charge
NM - \$80.00

Just Dance

Each weekly class will cover various dance techniques, steps, positions, choreography and dance vocabulary. Dancers will be asked if they would like to participate in performance at the end of the session.

Ages 2 - 4
Ages 3 - 5
Ages 6 - 9
Ages 10 - 13
YM - No Charge
NM - \$80.00

Kitchen Kids

Your chef will be using a hands-on cooking and nutrition education approach in the preparation of healthy snacks and meals. Young chefs will be learning about food and kitchen safety, nutrition and healthy eating while sharing in the cooking and clean up. All participants will be provided with a booklet of the recipes for take home at the end of the session. Please specify any food allergies or restrictions when registering.

Young Chef - Ages 5-6
Junior Chef - Ages 7-8
Master Chef - Ages 9-12
YM - \$10.00
NM - \$80.00

****The Members fee is to help offset cost of nutritional food items**

Y's World of Sports

A rotational sports program where the focus is on skill development and fun. We promote and encourage participation regardless of ability level and allow participants to experience various sports.

Ages 6 - 9
Ages 10 - 13
YM - No Charge
NM - \$80.00

****Please note YMCA Members may register in any two dry land programs at no charge**

Program Registration Opens
YMCA Members Monday, May 14, 2012
Non - Members Monday, May 28, 2012



City of Quinte West Branch Summer Aquatic Programs

Day Time Swim Lessons

MONDAY - THURSDAY, 2 WEEKS SESSIONS

Session 1: July 2 - July 12, 2012

Session 2: July 16 - July 26, 2012

Session 3: July 30 - August 9, 2012

Session 4: August 13 - August 23, 2012

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Splashers & Bubblers

MONDAY - THURSDAY, 2 WEEK SESSIONS

Register for any of the 2 week daytime lessons for you and your little one.

Ages 6 MONTHS - 3 YRS PARENTED
Time available: 10:05am
YM - No Charge NM - \$80.00

All Non-Parented YMCA Swim Levels

MONDAY - THURSDAY, 2 WEEK SESSIONS

Register for any of the 2 week daytime lessons.

Ages 3 YRS - 13 YRS
Times available: 10:05am, 10:40am or 11:15am
YM - No Charge NM - \$80.00

Once Per Week Swim Lessons

EVENINGS OR SATURDAYS

Session Available: July 7 - August 25, 2012

Splashers & Bubblers

Register for any of the 1 day a week lessons for you and your little one.

Ages 6 MONTHS - 3 YRS PARENTED
Days Available: Monday, Tuesday, Wednesday or Thursday
Time available: 5:40pm
Saturdays 9:35am or 11:20am
YM - No Charge NM - \$80.00

All Non-Parented YMCA Swim Levels

Register for any of the 1 day a week lessons listed below.

Ages 3 YRS - 13 YRS
Days Available: Monday, Tuesday, Wednesday or Thursday
Time available: 4:30pm, 5:05pm
5:40pm, 6:15pm
Saturdays: 9:00am, 9:35am
10:10am, 10:45am
11:20am
YM - No Charge NM - \$80.00

Private Lessons

Individual 30 minute lessons for participants who want close attention or attention to specific problem areas are available. Lessons will be taught at the same time as group lessons. Register at the sales and service desk, then meet your instructor on the pool deck!

****To book semi-private lessons you must have a second child interested and book at the same time.**

Private Lesson Fees

YM - \$16.00 per lesson

NM - \$21.00 per lesson

Semi-Private Fees

YM - \$9.00 /person/lesson

NM - \$12.00 /person/lesson

Adult Swim Lessons

Have you always wanted to learn how to swim? Maybe you would just like to improve your stroke. These lessons will help you with both of these goals.

Session: July 4 - August 22, 2012

Wednesdays Evenings

8:00 - 8:45pm

YM - No Charge

NM - \$80.00+hst

YMCA ASSISTANT INSTRUCTOR COURSE

Prerequisites: 15 years of age 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.

August 7 - 9, 14 - 16, 2012

10:00am - 1:00pm

YM - \$60.00+hst

NM - \$90.00+hst

Manual - \$25.00+hst

Bronze Medallion / Cross & First Aid

July 16 - 20, 23 and 24, 2012 Exam Date July 25, 2012

Prerequisite: 13 years of age or successful completion of Bronze Star

Time

10:00am - 4:30pm

YM - \$150.00+hst

NM - \$190.00+hst

Manual Fee - \$65.00+hst

City of Quinte West Branch 24hr Tread a Thon

9:00am July 26 until 9:00am July 27, 2012

Staff and Volunteers will tread water for 24 hours in order to raise money for National Drowning Prevention and YMCA Strong Kids! Join us in the water treading as an individual or a team....or just pledge one of the staff or volunteers!

Call Tiffany Ward at (613)394-9622 ext 7681 for more information.

City of Quinte West Branch Summer Adult Programs

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
12:15 - 1:00pm
Monday and Wednesday 7:15 - 8:00pm

Tone & Stretch

This gentle aqua fitness class is intended for those with muscle and joint injuries or disease. This class is slower paced and will work on flexibility, mobility, coordination, and muscular endurance.

This class is taught in the Leisure Pool.

Monday - Friday 9:15 - 10:00am

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 8:00 - 8:45pm

YMCA Cycle-Fit

Increase Cardiovascular and Muscular Endurance through a 45 minute class of creative instruction, challenging drills and motivating music. Cycle Fit Card must be picked up at membership desk in order to participate.

Monday 5:00 - 5:45pm
Tuesday & Thursday 6:30 - 7:15pm
Wednesday 9:15 - 10:00am
Wednesday 5:30 - 6:15pm

Boot Camp

Every week a new surprise and guaranteed great workout! Cardio conditioning, resistance training or a combination of both!

Wednesday and Saturday 9:30 - 10:15am

BOSU Interval

A creative work-out that incorporates the BOSU for balance training, muscle conditioning and cardio intervals. BOSU Card must be picked up at Membership desk in order to participate.

Wednesday 6:30 - 7:15pm

Cardio & Sculpt

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

Monday 9:30 - 10:15am

Step It Up

The Step workout with weight training that everyone loves! Step Card must be picked up at Membership desk in order to participate.

Tuesday 5:30 - 6:15pm

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.

Tuesday or Thursday 8:15 - 9:00am

Simply Strength

No tricky choreography here! Strictly muscle sculpting, letting you increase lean muscle tissue and burn calories to reveal toned and defined muscles!

Monday 5:30 - 6:15pm
Tuesday 9:30 - 10:15am

Pilates

Total body conditioning class, focusing on matwork and using a variety of equipment such as stability balls, foam rollers, weights and weighted balls.

Thursday 9:05 - 10:00am

YogaFit

Challenge your body, mind and spirit as you move through a series of yoga postures and stretches.

Monday 7:30 - 8:15pm
Wednesday 10:30 - 11:30am

Cardio & Core

Purely cardio, wrapping up with 15 minutes of core and stretching.

Friday 9:30 - 10:15am

Core Fit

Elements of yoga, pilates and tried-and-true abdominal strengthening exercises combined to tone and strengthen the core.

Wednesday 7:30 - 8:00pm

Zumba

Dance your way fit! From Thriller to the Macarena; from salsa to jive, this class is fun for all who like to move their bodies!

Thursday 6:30 - 7:15pm

****For Convenience YMCA Members have full access to all non registered adult programs and may attend any class at anytime.**

Cardiac Maintenance Program

An outreach program of **Hotel Dieu's Cardiac Rehabilitation Program**, the YMCA offers a 1.5 hour session twice a week monitored by qualified trainers for those who have experienced a cardiac event or have been diagnosed with high risk factors for heart disease. Sessions include cardiovascular training, muscle conditioning and flexibility components. Participants are either referred by Hotel Dieu or have signed approval of a Cardiologist or Family Physician.

Monday & Wednesday 2:00-3:30pm
YM - \$30.00 + hst NM - \$80.00 + hst



Our Mission Statement

Our YMCA is a charity open to all, dedicated to service to others and to providing opportunities for growth in spirit, mind and body.

The YMCA of Belleville and Quinte and the YMCA of Peterborough have joined together as one YMCA to better serve their communities. The new "YMCA of Central East Ontario", serves Belleville, Peterborough, the City of Quinte West and the surrounding communities and towns throughout Hastings and Prince Edward County and the County of Peterborough. Integrating the two YMCAs is a way to serve more children and families in schools and neighbourhoods, help families come together, enable individuals to become healthier and help people overcome barriers to employment. "By joining forces, we are echoing the trend seen in many parts of Ontario and Canada, where neighbouring YMCAs are collaborating and coming together to make better use of resources and enhance their services to their communities", said Bob Gallagher, President and CEO of the YMCA of Central East Ontario.

YMCA of
Central East Ontario
Belleville and Quinte Region

Belleville Branch

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(P)613-966-9622
(F)613-962-9247

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