

Hours of Operation

Monday to Friday

6:00 am – 10:00 pm

Saturday

7:30 am – 5:30 pm

Sunday

9:00 am – 5:30 pm

Holiday Hours

9:00 am – 2:00 pm



YMCA

We build strong kids,
strong families, strong communities.

YMCA of the City of Quinte West

50 Monogram Place

Trenton, Ontario

K8V 6S3

Tel. 613.394.9622

Fax. 613.394.8223

www.ymcabellevillequinte.ca

Effective September 14, 2009

2009 FALL GYM / FITNESS SCHEDULE

Open Gym Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
East Gym	6:00 am – 10:30 am 11:00 am – 6:00 pm	6:00 am – 5:30 pm	6:00 am – 10:30 am 11:00 am – 5:30 pm	6:00 am – 5:30 pm	6:00 am – 10:30 am 11:00 am – 10:00 pm	7:30 am – 9:00 am 12:00 pm – 1:30 pm 2:30 pm – 5:30 pm	9:00 am – 1:30 pm 2:30 pm – 5:30 pm
West Gym	6:00 am – 9:00 am 10:30 am – 5:00 pm	6:00 am – 8:00 am 10:30 am – 6:00 pm	6:00 am – 9:00 am 10:30 am – 5:45 pm	6:00 am – 8:00 am 10:30 am – 5:00 pm	6:00 am – 9:00 am 10:30 am – 6:00 pm 8:00 pm – 10:00 pm	7:30 am – 8:45 am 11:30 pm – 1:30 pm 2:30 pm – 5:30 pm	9:00 am – 1:30 pm 4:00 pm – 5:30 pm
Adult Fitness Classes 13+	Trail Walking 8:00-9:00 am Meet in lobby	Strength & Stretch 8:15-9:00 am West Gym	Trail Walking 8:00-9:00 am Meet in lobby	Strength & Stretch 8:15-9:00 am West Gym	Trail Walking 8:00-9:00 am Meet in lobby	Family Cycle Fit 8:00-9:00 am Fitness Studio	
	Mix it Up 9:15-10:15 am West Gym	Tone & Define 9:15-10:15 am West Gym	Cardio & Sculpt 9:15-10:15 am West Gym	Tone & Define 9:15-10:15 am Fitness Studio	Mix it Up 9:15-10:15 am West Gym	Cardio & Sculpt 9:00-10:00 am West Gym	
	Tai Chi 1:00-2:00 pm Fitness Studio	Cycle Fit 12:15-1:00 pm Fitness Studio	Cycle Fit 9:15-10:00 Fitness Studio	Cycle Fit 12:15-1:00 pm Fitness Studio		Y Tri 9:00-11:30 am Multi-Purpose Room	
	Cardiac Maintenance 1:30-3:00 pm Conditioning Center		Yoga 10:15-11:15 am Fitness Studio	*Tai Chi* 1:00-2:00 pm Fitness Studio		*Family Jiu Jitsu and Karate* (age 7 & up) 10:00 – 11:30 am West Gym	
	Cycle Fit 5:00-5:45 pm Fitness Studio		Cardiac Maintenance 1:30-3:00 pm Conditioning Center				
	Tone & Define 5:15-6:15 pm West Gym		Cycle Fit 5:30-6:15 pm Fitness Studio	Step it Up w Weights 6:15-7:15 pm West Gym		*Registration required*	
			Family Jiu Jitsu and Karate (age 7 & up) 6:00 pm – 7:30 pm West Gym				
	Dance Fit 6:15-7:15 pm West Gym	Cardio & Sculpt 6:15-7:15 pm West Gym	Bosu Interval 6:30-7:30 pm Fitness Studio	Cycle Fit Theatre 6:30-7:15 Fitness Studio		ARE YOU INTERESTED IN BECOMING A VOLUNTEER? TALK TO OUR STAFF AND FIND OUT HOW YOU CAN GET INVOLVED	
	Yoga 7:15-8:15 pm Multi Purpose Room	Cycle Fit Theatre 7:30-8:15 pm Fitness Studio	Core Fusion 7:30-8:30 pm Fitness Studio	*Women & Weights* 7:15-8:15 pm S. Community Room			
Please register for Strength and Conditioning Centre Orientations at the Membership Sales & Service Desk							

<p align="center">CARDIAC MAINTENANCE PROGRAM</p> <p>As 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. Sessions include cardiovascular, muscle conditioning and flexibility components. Participants are either referred by Hotel Dieu or have signed approval of a Cardiologist or Family Physician.</p> <p align="center">Please Call 613.394.9622</p>	<p align="center">PERSONAL TRAINING YMCA CONDITIONING COACH</p> <p>Rendered by Certified Personal Trainers your YMCA Coach will get you started and keep you going to help you achieve the best results.</p> <p align="center">1 session \$30 + GST 3 sessions \$75 + GST 7 sessions \$155 + GST</p>	<p align="center">WOMEN & WEIGHTS</p> <p>A registered program introducing women to weight training. Each week will focus on a different workout using free weights, bands, cables, stability balls and creative exercises. Women will build a repertoire of exercises while learning the basic principles of weight training, laying the foundation to develop their own weight training workouts specific to their goals.</p> <p align="center">Please register at the Membership Sales & Service Desk</p>
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KIDS KARE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	9:00-12:00 am	9:00-12:00 am	9:00-12:00 am	9:00-12:00 am	9:00-12:00 am	8:30-11:30 am	
Evenings	5:00-8:30 pm	5:00-8:30 pm	5:00-8:30 pm	5:00-8:30 pm			
SAFARI	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm			

Drop In Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Sports	Volleyball 7:00-8:00 pm East Gym					Family Cycle Fit 8:00-9:00 am Fitness Studio	
Adult Sports	Volleyball 8:00-9:30 pm East Gym	Badminton 8:00-9:30 pm East Gym	Basketball 8:00-9:30 pm East Gym	Soccer 8:30-9:30 pm East Gym	Floor Hockey 6:00-8:00pm East Gym		

<p align="center">IRON KIDS Ages 10-14</p> <p>Youth under the age of 15 must take the Iron Kids program in order to use the Strength & Conditioning Center. Youth who graduate from the program will be issued a sticker that will allow them to use the Strength & Conditioning Center with parental supervision.</p> <p align="center">YMCA Members Only \$20</p>	<p align="center">Flick & Float <i>Family Night Out!</i></p> <p>Join us for a movie with popcorn & juice and then enjoy a swim. Join us as a family, or drop the kids off and enjoy a workout on your own. Children 8 yrs and under must be accompanied by a parent/guardian. Weekly movies will be posted on our member screen in the lobby.</p> <p align="center">Friday 6:30-9:30 pm Members: No Fee Non-Members: \$15 per family</p>	<p align="center">YMCA AQUATIC PROGRAMS</p> <p>Register your kids for Swimming Lessons</p> <p align="center">Once a Week Monday-Saturday</p> <p>Please see General and Aquatics brochures for details</p>
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