

City of
Quinte West Branch
Winter/Spring 2012
Membership and
Program Brochure

*Building healthy
communities*

YMCA of Central East Ontario

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.**

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 or Couple \$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

Why worry about finding a care giver, come to the YMCA. We make it easy and affordable too. The YMCA of Central East Ontario offers a caring environment for the children while you get healthy your way.

**** 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 stay in the building.

Hours of Operation

Monday to Friday	6:00am - 10:00pm
Saturday and Sundays	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 Registration Information

Session Date: Programs will run over roughly 12 weeks.

**** Members will be able to register starting 1 month before the start of each session and Non-Members 2 weeks before each session.****

Winter 1 - January 9 - April 8, 2012 - **No programs March Break Week**

Spring 1 - April 9 - June 24, 2012

**** Members please note that along with your children's membership you receive 1 set of free swim lessons and 2 free physical programs per session per child. Spaces are limited and spots will be filled in a first come first serve basis. Some programs may have a members fee due to the operating cost of the program.**

Program Cancellation Policy

All refund/cancellation requests must be made in person 7 days prior to the program start date. 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 Belleville and Quinte 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 Welcome Desk.



Youth Programs

L'il Explorers

Children will experience activities that enhance gross motor skills, dramatic play, arts, crafts, cooking and games. Theme days may be incorporated into the program. Tap into the inner artist and explore a variety of sensory and art activities. This program encourages participants to develop new skills and enhance their imagination.

Ages 2-5

Pick one day:

Monday – Thursday 9:00 - 10:00am

YM - No Charge NM - \$80.00

**Parents are welcome to join in during this program.

**Parents are required to remain on the property.

Move to Music

This class is a parent and tot class. Parent and tots will sing, dance and play through the class together, creating a safe environment through guided instruction. Class will be conducted through fun warm-up activities to games where they can help develop rhythm, spatial awareness and physical expression.

Ages 2-4

Saturday 9:00 - 9:30am

YM - No Charge NM - \$80.00

Twinkle Toes

Children will start to gain basic skills to dance in the studio with the leader and other students. Dancers will learn the basics of various dance movements through songs, games and short dances. Parents are invited in for a performance on the last week of class.

Ages 3-5

Saturday 9:30 - 10:00am

YM - No Charge NM - \$80.00

NEW

SportsMania

Children will develop their gross motor skills with a focus on maximized participation in this sports focused program. Each week will be loosely based on a specific sport for the participants to gain the fundamental skills of sports!

Ages 2-3

Monday 4:30-5:15pm

Ages 4-5

Monday 5:20-6:05pm

YM - No Charge NM - \$80.00

Art Adventures

Come get creative in our new arts program! This class will teach young artists the skills of a variety of art forms and will enable them an opportunity to showcase their art. In the class, artists are encouraged to develop self-expression, sensory awareness, problem solving, social interaction, self-esteem, fine motor skills and a creative language for their imaginative voices.

Kinder Art

Ages 4-5

Wednesday 4:30-5:00pm

Junior Art

Ages 6-8

Wednesday 5:15-6:00pm

Youth Art

Ages 9-12

Wednesday 6:15-7:00pm

Teen Art

Ages 13 - 15

Wednesday 7:15-8:15PM

YM - \$10.00 NM - \$80.00

Fit Kids

Children will learn to develop teamwork, sportsmanship and core values all while working up a sweat. The program will be broken into four parts; warm up, high energy games and activities, a small weight workout and a cool down. Kids enrolled in this program will gain self-esteem, build friendships, be physically active and learn life skills that will continue into adulthood and most importantly they will have fun!

Saturday

Ages 7-8 10:00-11:00am

Ages 9-12 11:15-12:15pm

YM - No Charge NM - \$80.00

Y's World of Sports

Basketball, Badminton, Floor Hockey, Indoor Soccer, Volleyball and more. Join us for a rotational sports program where we focus on a different sport every week. We promote and encourage participation regardless of ability level, and allow participants to experience various sports. Each session includes both a skill development component and an organized game.

Monday

Ages 6-9 6:15-7:00pm

Ages 10-13 7:05-7:50pm

YM - No Charge NM - \$80.00

Family Fun Zone

Parent & Tot Fun Zone is a drop in program that provides an opportunity for parents and caregivers to get out and play with their young ones.

A number of stations will be set up for your use, including the bouncy castle, Plasmacars, mats, oversized soccer balls and more! Parents must remain with their children at all times while in the Fun Zone.

Monday - Friday 10:15 - 12:15pm
YMCA Members ONLY No Charge

Child & 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

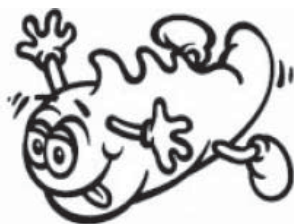
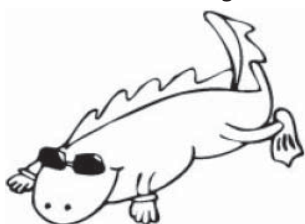
Monday	Tuesday	Wednesday	Thursday	Saturday
	10-10:30am	10-10:30am	10-10:30am	9:40-10:10am
5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	11:25-11:55am

YM - No Charge NM - \$120.00

L'il Dippers 3 to 5 years - Independent swim lessons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10-10:30am	10-10:30am	10-10:30am		8:30-9am
4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	9:05-9:35am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:40-10:10am
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



Child & Youth Aquatics



Learn to Swim 6 years and older

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	4-4:30pm	8:30-9am
4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	4:35-5:05pm	9:05-9:35am
5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	9:40-10:10am
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 Swim Program

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



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.

Please contact the YMCA to be placed on an interest list for a January 2012 course.

YM - No Charge NM - \$120.00

Youth Stroke Development

This program emphasizes swimming stroke development for all ages. Whether you need just a little extra help before moving on to the next level, or you are not interested in swimming lessons and just want to enhance your strokes and endurance, this is the place to be.

Tuesday or Thursday	3:25-3:55pm
Saturday	8:30-9:00am
YM - No Charge	NM - \$120.00

Y Knot Abilities Program

The Belleville & Quinte YMCA BlueFins is a swim team for children with physical disabilities and their able-bodied siblings who are 6 years of age and older. The team offers a fun and exciting environment where young people develop both physically and emotionally, while making new friends. It teaches participants how to set goals and develop self-discipline, while building self confidence. Participants can choose to focus on individual self improvement or athletic excellence.

Please contact Tiffany Ward, at the City of Quinte West Branch for more information at (613)394-9622 ext 7681.

Tuesday, Wednesday Thursday & Friday 3:30-5pm
Program Dates: September 21, 2011 – June 22, 2012

Once registered, participants can come to any of the above days and times.



Youth Programs

Iron Kids

Youth under the age of 15 must take the Iron Kids 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. Available to **YMCA members only, no cost.**

Ages 10-14 years

Choose one of the following time slots:

Tuesday, Wednesday or Thursday 5:00-6:00pm

Tuesday or Thursday 6:00-7:00pm

Friday 5:30-6:30pm

Science Kids

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, in this exciting new program. Some subjects we will cover are; the environment, chemistry, weather, health, electricity and more! Science Kids will participate in our very own science fair held at the YMCA of the City of Quinte where our young scientists can show off their new discoveries/inventions.

Young Scientist

Ages 4-5

Thursday 4:30-5:00pm

Junior Scientist

Ages 6-8

Thursday 5:15-6:00pm

Master Scientist

Ages 9-12

Thursday 6:15-7:00pm

YM - \$10.00

NM - \$80.00

Basketball

Participants will receive exceptional basketball instruction in a program that focuses on basketball fundamentals, fair play, sportsmanship and life skills.

Little Hoops

Ages 6 - 9

Thursday 5:30-6:15pm

Middle Hoops

Ages 10 - 12

Thursday 6:15-7:00pm

Hoops

Ages 13 - 15

Thursday 7:15-8:00pm

YM - No Charge

NM - \$80.00

Ball Hockey

This program will offer skills, technique and practice. Each week will end with a game or scrimmage.

Please bring your own protective eyewear

Wednesday

Ages 6 - 10

5:00-5:45pm

Ages 11 - 14

5:45-6:30pm

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. Costumes and props will be made by dancers.

Ages 6 - 9

Saturday

10:15-11:00am

YM - No Charge

NM - \$80.00

Youth Vibe

This class is for dancers that 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 dance, music, timing, space and production. There will be an opportunity to present dance routines at the end of the session. This is an open level class.

Ages 10 - 13

Saturday

11:15-12:00pm

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) 394-9622.

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

Youth 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 on the last week for parents, family members and friends to see.

Parent & Tot - Ages 2-4

Tuesday or Thursday 5:00-5:30pm
Saturday 8:30-9:00am

Tiny Tumblers - Ages 3-5

Tuesday or Thursday 5:30-6:15pm
Saturday 9:05-9:50am

Fancy Tumbler - Ages 6-9

Tuesday or Thursday 6:15-7:00
Saturday 10:00-10:45am

Tumbler

Thursday 7:15-8:00pm
Saturday 11:00-11:45am
YM - No Charge NM - \$80.00

Family Martial Arts

A program for the whole family. Participants learn self discipline, respect, and self defence techniques, while becoming more active and physically fit. Beginner to advanced levels welcome.

Ages 7 and up

Wednesday 6:00-7:30pm

YM - \$30.00 for first registrant

\$25.00 for each additional family registrant

NM - \$55.00 for children/youth

\$95.00 + hst for adults

Tiger Tots Martial Arts

Great for for improving physical development, 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.

Ages 4 - 6

Wednesday 4:30-5:00pm

5:00-5:30pm

5:30-6:00pm

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. Chefs will be learning about food safety, 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 they may take home at the end of the session. Please specify any food allergies or restrictions when registering.

Young Chef

Ages 5-6

Monday or Tuesday

4:30-5:15pm

Saturday

9:15-9:45am

Junior Chef

Ages 7-8

Monday or Tuesday

5:30-6:15pm

Saturday

10:00-10:45am

Master Chef

Ages 9-12

Monday or Tuesday

6:30-7:30pm

Saturday

11:00-12:00pm

YM - \$10.00

NM - \$80.00

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

Indoor Soccer

Don't let the snow keep you away from the most popular sport in the world. Come out and enjoy our skill development program followed by a game to show off your new found skill.

Little Kickers

Ages 6-9

Tuesday

5:30-6:15pm

Middle Kickers

Ages 10-12

Tuesday

6:15-7:00pm

YM - No Charge

NM - \$80.00



Youth Programs

Youth Leaders Corps

Youth participate in fun activities that will increase self esteem and build leadership skills such as communication, team work, and lesson planning and program instruction. Participants will also be given the opportunity to assist in the facilitation of our YMCA programs once a week. Come meet new friends and have fun at your YMCA.

Ages 12-15

Tuesdays - September to June 6:30 - 8:30pm
YMCA Members Only \$30.00

Girl Power

A program for girls and about girls. Girls come together learning about themselves, each other and explore their individual potential with the objective of building confidence and self esteem in a fun inclusive environment.

Ages 6-9

Monday 5:30-6:30pm

Ages 10-13

Monday 6:30-7:30pm

YMCA Members Only!!

Teen Sports

Basketball, Badminton, Volleyball, Handball, Ultimate Frisbee and many other sports will be set up our YMCA teens to enjoy our space to the fullest extent.

Ages 13-18

Wednesday 6:45-8:00pm
YM - No Charge NM - \$80.00

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 favorite sports, crafts, games and much more.

Ages 5 - 12

All Participants 8:30 - 5:00pm \$22.00 per day
Extra hours from 7:30 - 8:30am and/or 5:00 - 6:00pm are available for \$2.00 per hour.

Dates and Themes

February 3, 2012	Hawaiian Luau (Both Boards)
March 9, 2012	Minute to Win It (KPDSB)
April 9, 2012	To Infinity and Beyond (Both Boards)
May 25, 2012	Take Me To Your Leader (HPEDSB)
June 8, 2012	Take Me To Your Leader (KPDSB)
June 29, 2012	Wet 'n' Wacky (Both Boards)

March Break - Minute to Win It

Celebrate the end of the winter season and the beginning of Spring with your friends at the YMCA. Watch for our flyer and registration form describing the particular activities.

Registration will open February 20th, 2012.

Ages 5 - 12

Dates: March 12 - 16, 2012

All Participants 8:30 - 5:00pm \$22.00 per day
Extra hours from 7:30 - 8:30am and/or 5:00 - 6:00pm are available for \$2.00 per hour

Drop in Flick & Float

Family Night Out

Join us for a swim in the pool and a movie with popcorn and juice. Join us as a family, or drop the kids off and enjoy a workout on your own.

Children 10 years and under must be accompanied by a parent or guardian. Each weeks movie will be posted in advance in the YMCA Lobby.

Friday's 6:00 - 9:30pm
6:00 - 8:00pm in the gym
7:00-9:30pm in the pool
Movie begins at 6:00pm.

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

NEW



Youth Aquatics Leadership

Aquatic Leader Corp

Aquatic Leader Corp is an innovative new aquatic program that 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 the pool. Participants will work on Lifesaving, Swimming and Fitness Skills to help them succeed in the advanced Lifesaving Course. In addition participants will have the opportunity to volunteer as assistant Lifeguards and Assistant Swim Instructors. Youth who wish to complete their Master Swimmer or Bronze Star should attend this program.

Sunday's 11am – 1pm

YM- No Charge NM - \$120.00 for 12 weeks

Bronze Medallion/Cross & Standard First Aid

Prerequisite: 13 years or successful completion of Bronze Star

February 10 – April 20, 2012

April 27 – June 15, 2012

Friday Evenings 7:00-10:00pm

(1 hour classroom, 2 hours pool)

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

Manual Fee - \$65.00 + hst

National Lifeguard – NLS

Prerequisite: 16 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.

City of Quinte West Branch

May 25, 26, 27, June 8, 9, 10, 2012

Belleville Branch

February 10, 11, 12, 24, 25, 26, 2012

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

Sundays 10:00am-6:00pm

YM - \$175.00 + hst NM - \$195.00 + hst

Manual Fee - \$60.00 + 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

January 18, 2012 6-10pm

April 30, 2012 6-10pm

YM - \$65.00 + hst

City of Quinte West Branch

June 2, 2012 1-5pm

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

January 21 & 22, 2012 February 4 & 5, 2012

March 24 & 25, 2012 April 14 & 15, 2012

May 12 & 13, 2012 June 16 & 17, 2012

All course times are 9am – 5pm Both days

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

Manual Fee - \$20.00 + hst

YMCA Assistant Swim Instructor

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.

Belleville Branch

City of Quinte West Branch

Feb 1 – Mar 7, 2012

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 age by the end of the course. Proof of age and certification is required. 100% attendance is required.

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

2012 Course Dates to be announced, please contact the YMCA to be placed on an interest list.

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

YM - \$125.00 + hst NM - \$150.00 + hst

Manual Fee - \$25.00 + hst

NEW - If you would like to become a Red Cross Certified Instructor...We Can Help! Call the Aquatic Department at the YMCA and we can walk you through the transfer process!

Lifesaving Society Instructor Certification

Participants must be 16+ years of age by the end of the course. Proof of age and certification is required. 100% attendance is required.

Prerequisites: Bronze Cross, Standard First Aid & CPR "C"

2012 Course Dates to be announced, please contact the YMCA to be placed on an interest list.

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

YM - \$125.00 + hst NM - \$150.00 + hst

Manual Fee - \$60.00 + hst



Adult Fitness Classes

YMCA CycleFit / Cycle Theatre

Increase Cardiovascular and Muscular Endurance through a 45 minute class of creative instruction, challenging drills and motivating music. Classes are on a first come first served basis. **Cycle Card required.**

Monday	5:00-5:45pm
Tuesday & Thursday	12:15-1:00pm
Tuesday & Thursday	6:30-7:15pm
Monday, Wednesday, Friday	9:15-10:00am
Wednesday	5:30-6:15pm
Thursday	6:05-6:50am

Ab Blaster

Develop core strength and stability using a variety of exercises and equipment.

Tuesday	7:30-8:00pm
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Boot Camp

Think jumping jacks, burpees, squats and lunges. High intensity cardio training combined with resistance training, this class is suitable for all levels of fitness and abilities and is a great way to challenge your old routine or kick start a new one.

Wednesday or Saturday	9:30-10:15am
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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
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Cardio & Sculpt

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

Monday	9:30-10:30am
Friday	9:30-10:15am

CoreFit

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

Wednesday	7:30-8:15pm
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Mix it Up

An "Instructor's Choice" class, you don't know what you're getting until you arrive! Step, intervals, bootcamp, kickboxing – anything goes in this workout!

Tuesday	5:30 - 6:15pm
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Tai Chi

The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions. Wear comfortable clothing and soft shoes. 6 week session

Mondays	6:00 – 7:00 pm
Wednesdays	1:00 – 2:00 pm
YM - \$30.00 + hst	NM - \$45.00 + hst

Dieter Mensch has been practicing Tai Chi since 1985, and has been at the Quinte West YMCA since September '09. He teaches in the Wu style which encompasses an integrated blend of analysis and philosophy applied to martial technique, health and longevity.

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.

Monday, Wednesday, Friday	8:15-9:00am
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Step It Up with Weights

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

Thursday	5:30 – 6:15pm
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Tone & Define

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

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

Tone & Define (Pilates)

A Pilates-based total body conditioning class, focusing on matwork and using a variety of equipment such as stability balls, foam rollers, weights and weighted balls.

Thursday	9:15 - 10:15am
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YogaFit

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

Monday or Thursday	7:30-8:30pm
Wednesday or Friday	10:30-11:30am

Zumba

A Latin-inspired dance-fitness class that incorporates international and pop music, creating a dynamic, exciting and effective workout

Monday or Friday	6:30-7:15pm
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NEW

Adult Programs

Health, Fitness and Recreation

Ski and Snowboard Dry Land Training

Improve your cardiovascular ability and muscular strength and endurance as you prepare for the season ahead. Through sports specific training, you can get a jump on winter and be ready for the slopes in a way you never have before!

Open to ages 13+

Friday	6:30-7:30pm
YM and Batawa Ski Hill Members	\$45.00 + hst
Non Members	\$90.00 + hst

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

Teen and Adult Martial Arts

This is a traditional Martial Arts Class designed to provide students with a comprehensive series of courses in Karate and Jiu Jitsu from a beginner level through to advanced. The class begins with a brisk warm-up and continues with karate basics, kata and Jiu jitsu. Goal setting is a important element in this class as we learn that little victories lead us towards better victories. Grading/Testing is done on an individual basis when a participant is ready. Confidence, strengthening, discipline, energy and getting and staying fit are all components of this class. No special equipment or experience is needed to take this class, just a desire to learn and have fun. (Teen is 16 years and older) 6 Week Sessions

Mondays	7:30-9:00pm
YM - \$32.50 + hst	NM - \$45.00 + hst

Bev and Bob Leonard have been teaching Martial Arts for over 27 years in the Quinte area and since September '09 at the Quinte West YMCA. This program has been taught in eastern Ontario for over 30 years and includes law enforcement officers who have trained and received their Black Belt through this program.

Wellness Coaching

Free and available to all members! Learn how to use equipment safely and effectively. Sign up and receive 3 one on one sessions with a YMCA Trainer including 3 standard resistance training programs that are right for you!



Meditation

Meditation tips the scales of health back into balance and could very well be the missing link in helping you create changes in life expectancy for yourself. When we relieve stress we help to reduce our blood pressure and heart related diseases.

Introductory workshop that covers some of the history of meditation, its uses and benefits in our modern world, basic postures for the body, attitudes for the mind and methods of quieting it, and breathing practices. Newcomers welcome at any time. Classes can be purchased individually or in blocks of 6 or 12.

Fridays	10:15 - 11:45am
YM - Single Class	\$10.00+hst
6 Class Block	\$36.00+hst
12 Class Block	\$65.00+hst
NM - 12 Class Block only	\$96.00+hst

Vikki Langelier has been an Intuitive Healer for many years and a Teacher of Healing for the past six. She has trained formally in the Shamanic arts, Martial arts, Zen Buddhism, Reiki, and many other modalities of healing.

Stroke Survivor Program

Based on research and post rehab programs for stroke from the Canadian Centre for Activity and Aging, the YMCA offers a 1 hour session minimum twice a week led by qualified trainers for those who have experienced a stroke. Sessions include cardiovascular training, muscle conditioning and functional exercises for improved quality of life. Participants can choose to do all four classes a week or just two. Participants must be referred by a hospital rehab program or have signed approval from their Physician.

Dry Land - Tuesdays and Thursdays 10:30-11:30am
Aquatic - Mondays and Wednesdays at 10:00-10:45am

2 Classes per Week	YM - \$30.00 + hst
	NM - \$80.00 + hst

4 Classes per Week	YM - \$50.00 + hst
	NM - \$140.00 + hst

Wellness Workshops

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



Salsa, Swing and Waltz

Stop sitting on the sidelines and get out on the dance floor! Learn the basics of three of the most popular forms of ballroom dance; Salsa - a mix of Latin music enhanced by swing and jazzy elements, Swing - which includes jive and rock and roll styles, and the traditional waltz. Partner registration is encouraged, but not necessary.

Thursdays	7:30 - 9:00 pm
YM - \$60.00 + hst	NM - \$85.00 + hst

France Bedard has been a dancer and instructor since 1989, and is certified by the International Association of the Arthur Murray Dance Studios. She teaches all forms of ballroom dancing, to adults and children, from beginners to advanced.

Adult Aquatics

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.

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

Adapted Aquatics

This program is an introductory to the aquatic environment for adults with intellectual and physical disabilities. Adults with their support worker can participate in a recreational aquatic class that will include games and fitness. This class offers both a physical recreation component as well as a socialization component. Participants must be YMCA Members or pay the day pass fee. Workers accompany for free.

Tuesday & Thursday 1:00-1:45pm

Adult Group Lessons

Program is geared to all adults. Those 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 or Wednesday 8:00-8:45pm
Tuesday or Thursday 1:45-2:30pm
YM - No Charge NM - \$80.00 + hst

Adult Master's Swim

Program is geared to adults with strong swimming ability and who are interested in swimming for fitness. This is an excellent program for individuals training for triathlons or who want to compliment their existing workout with swimming. The workouts are designed and delivered by a certified swim coach, and are designed to meet a wide range of adult levels and personal goals.

Tuesday and Thursday 8:00-9:00pm
YM - No Charge NM - \$80.00 + hst

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 12:00 - 12:45pm
Tuesday & Thursday 1:00 - 1:45pm
Monday & Wednesday 7:15 - 8:00pm

Deep Water Run Fit

With the use of a flotation belt and a tether, this class is taught in the lap pool. This high energy class has no impact on the bottom of the pool. The water is used for resistance while jogging or running. Go at your own pace, while the instructor leads the class. A great way to change up your workout.

Monday 8:00 - 8:45pm
Friday 1:00 - 1:45pm

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
Tuesday & Thursday 1:45 - 2:30pm



YMCA Fitness Certifications

NEW

Choose your path:

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!

March 2, 3, 4 and March 24, 25, 2012

YM - \$265.00 + hst	NM - \$430.00 + hst
Friday	6:00 - 10:00pm
Saturday & Sunday	9:00 - 5:00pm

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!

March 2, 3, 4 and April 1, 2012

**for stream dates see below

YM - \$265.00 + hst	NM - \$430.00 + hst
Sunday, April 1	9:00 - 5:30pm

YMCA Fitness Streams

Choose from 5 practical courses:

Group Resistance	April 15, 2012
AquaFit	April 22, 2012
Choreography	April 29, 2012
Core Strength & Stretch	May 6, 2012
CycleFit	May 13, 2012
YM - \$50.00 + hst	NM - \$75.00 + hst

NEW

Personal Training

Our qualified, knowledgeable and experienced Personal Trainers will use their professional skills to meet your individual fitness needs.

One-hour sessions

1 - 5 sessions \$35.00 + hst per session

6 - 10 sessions \$30.00 + hst per session

Buy 10 sessions get one FREE!

35 minute sessions also available

Members Only

NEW

PartnerFit

Share a personal trainer with a friend or family member. Research indicates that those who work out with a buddy have better exercise adherence and are more likely to attain personal goals. A common program with minor personalization will be designed for both individuals.

\$50.00 + hst per session

Members Only

NEW



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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. Certification must include both Basic Theory and Applied Theory.

The YMCA recognizes Volunteers as an essential part of our organization and will offer certification courses at no charge to members who make a Volunteer commitment to the YMCA.

****Please see Kit or Michelle about our Volunteer Training / Certification Program or call (613)394-9622 ext.7674**

****Other Volunteer opportunities are available.**

Please see Membership Sales & Service for more information

Nutritional Counseling

Exercise and good eating go hand in hand. Optimal nutrition can benefit your body, your workouts and your overall well being. Our registered Holistic Nutritionists can help you with your nutritional questions and needs.

Nutritional Assessment - \$90.00 + hst

Follow Up Appointments - \$30.00 + hst

Adult Mixed Volleyball

Coming February 2012, the YMCA's inaugural Co-Ed Volleyball League! Bump, set and spike your way to fitness in this fun, competitive league. Teams must have a minimum of 2 females and 2 males on the court at all times. Sign up as a team or individual.

The league will start February 21, 2012. Sign up is limited so get your team's in fast!

Tuesday 7:15-10:00pm

YM - \$35.00 + hst NM - \$60.00 + hst

Team Entry - \$240.00 + hst

This program is partnering with the Specialist High Skills Major - Sports Management program at Trenton High School

Childcare Services

YMCA Childcare Services

The YMCA is proud to be the largest provider of Not-for-Profit Licensed Childcare in Canada as well as in the Belleville and Quinte Region.

The YMCA provides a vital service to families in our community by making it easier to pursue careers or education goals. Qualified Early Childhood Educators provide care and a safe nurturing environment that fosters independence and positive attitudes toward learning. Full and part-time childcare are available for children.

Toddler and Preschool

Experienced Early Childhood Educators help your children learn and grow. Our unique and innovative curriculum effectively captures learning opportunities for major life skills including language and literacy, mathematics, science, technology and the arts. ****These programs are only available at our Belleville Branch**

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

Toddler 15months - 2 1/2 years

Preschool 2 1/2 years - 6 years

YMCA Kids Club Programs

YMCA Kids Club Programs are a fun place for your children to be before and after school. These programs focus on physical activity and healthy habits through athletics, fitness and nutrition. YMCA Staff demonstrate healthy habits now so children can learn to be healthy for life.

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

Ages: 3.8 - 12 years

YMCA Kids Club programs are located in 16 convenient locations:

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

Quinte West & Prince Edward County - Bayside Public, St. Peter, Murray Centennial, Prince Charles and Massassauga-Rednersville.

Quinte West Early Years Center

A place for parents, caregivers and their children from birth to six years to play and learn together. Literacy, creative programs & music and movement programs are only a part of what happens at the center. Families may also drop in at any time during the center hours of operation for free play.

Location - St.Peter Catholic School, 101 Queen Street, Trenton

Hours of Operation - Monday to Thursday 8:30am - 2:30pm





Caring



Honesty



Respect



Responsibility



Building Healthy Communities

Your Gift can Help.....

Please join us in giving. Your gift will help nurture the life of a child. 100% of the YMCA's Senior Staff and Board of Directors donate to the Strong Kids Campaign because they know the impact that dollars can have on children's lives.

The YMCA is a Charity. We raise money in our community to support children and their families' membership and participation in our programs. We offer assistance to those who ask for a little help, providing a hand-up during times of financial difficulty.

In 2010 we provided more than \$478,000 worth of assistance to children and their families to support membership at our Y. 26% of children (under 14) are subsidized to participate in our programs.

The YMCA, its staff, volunteers and members are dedicated to building better communities, with healthy, confident, secure and connected children, youth and families. Your donation will help us change a life.

There are many ways to give to assist a child or family. It might surprise you what we can do with your donation:

- \$1.00 a week will help send a child to camp for one week
- \$5.00 a month will help four young people join the Youth Leader Corps
- \$10.00 a week will sponsor an entire family for membership at the Y for a full year

YOU CAN MAKE A DIFFERENCE TO THE LIVES OF CHILDREN IN OUR COMMUNITY

TOGETHER: BUILDING HEALTHY COMMUNITIES

To make a donation call
613-966-9622 ext 237
American Express, Mastercard, Visa, Cash,
Interac and Cheques accepted.

Thank you for your Consideration

YMCA
**STRONG
KIDS**
CAMPAIGN



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

City of Quinte West Branch

50 Monogram Place
Trenton, ON K8V 5P8
(P)613-394-9622
(F)613-394-8223
www.ymcabellevillequinte.ca

Belleville Branch

433 Victoria Ave
Belleville, ON K8N 2G1
(P)613-966-9622
(F)613-962-9247
www.ymcabellevillequinte.ca

Balsille Family Branch Peterborough

123 Aylmer St S
Peterborough, ON K9J 3H8
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