YMCA of KINGSTON
WINTER PROGRAM GUIDE
www.kingston.ymca.ca
REGISTRATION OPEN DECEMBER 4TH
Coming up...

December 27, 28, 31
January 2, 3, 4
January 1
February 18
March 11 - 15

Winter Break Camp
Winter Break Camp
Resolution Run
Family Day
March Break Camp

PA Days - registration required. Ages 6-12.

Conseil des écoles publiques de l'Est de l'Ontario

January 25
April 8
June 7, 21

Members: $37.75
Non-Members: $39.75

Limestone District School Board &
Algonquin & Lakeshore Catholic District School Board

February 1
April 5
May 17
June 28

All school break programs provide extended care hours, at no additional cost. (7:30am-9:00am & 4:00pm-5:30pm).

Don’t Be Disappointed – Register Early!
If you wait until the last minute programs and timeslots may be full. If you have a registration question please call (613) 546-2647 or visit us at any YMCA of Kingston location.
Important Information

Registered Programs
If your child misses 2 consecutive classes and the YMCA is not notified in advance, your child’s space may become available for the next child waitlisted for that space. This includes both youth recreation programs and aquatic lessons.

Camp, Program and Course Refunds
A Cancellation Request must be completed and received no later than 3 business days (72 hours) in advance of the course, program or camp start date to receive a refund of the remaining fees after the cancellation fee is assessed. There is a $15.00 cancellation fee for each course, program, and camp. Refunds will not be provided for a Cancellation Request received less than 3 business days (72 hours) in advance OR once such course, program, or camp has commenced.

Admission Standards
The YMCA is committed to providing a safe and enjoyable experience for all those who use our facility.

<table>
<thead>
<tr>
<th>Age</th>
<th>Building</th>
<th>Pool</th>
<th>Swim Test</th>
<th>Empire Life Health &amp; Wellness Studio</th>
<th>Group Fitness Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>Within arm’s reach of an adult</td>
<td>Within arm’s reach of an adult</td>
<td>Yes</td>
<td>No access</td>
<td>No access</td>
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<tr>
<td>6-9</td>
<td>Supervised by an adult</td>
<td>Supervised by an adult</td>
<td>Yes</td>
<td>No access</td>
<td>No access</td>
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<tr>
<td>10-12</td>
<td>ACCESS *unsupervised until 8:00pm</td>
<td>ACCESS *unsupervised until 8:00pm</td>
<td>Yes</td>
<td>Yes *must be accompanied and supervised by an adult (16+) at all times</td>
<td>Access by program only</td>
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<tr>
<td>13-14</td>
<td>ACCESS</td>
<td>ACCESS</td>
<td>No</td>
<td>ACCESS *orientation required</td>
<td>ACCESS</td>
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</tbody>
</table>

Swim Test:
Children ages 6-10 years may have their swim level assessed every visit.

If they pass: May swim unaccompanied. An adult (16+) must remain in pool area and be responsible for the children’s supervision.
If they fail: Must be accompanied in water by an adult (16+) and may wear a life jacket. 2 children: 1 guardian ratio.

Membership Cancellation

Pre-Authorized Continuous Membership
To cancel a Pre-Authorized Continuous Membership we require a Membership Cancellation Request form to be submitted, in writing, prior to the first (1st) of month in which you wish to cancel the payment.

Paid In Full Membership
To cancel a Paid In Full Membership we require a Membership Cancellation Request form to be submitted. When a paid in full membership is cancelled, a refund is issued based upon the time remaining until the expiry date.

Child Protection
The YMCA is committed to providing a safe and secure environment for all who use our facility. For this reason, all children under the age of 10 must be with a parent or guardian who is at least 16 years of age.
All guests entering our facility to participate, pick up or spectate, must show ID.
Swim Level Conversion Chart

<table>
<thead>
<tr>
<th>Red Cross</th>
<th>YMCA Program</th>
<th>Lifesaving Society</th>
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<tr>
<td>Parented Lessons (Ages 0-3)</td>
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<td>Starfish/Duck</td>
<td>Splashers</td>
<td>Parent and Tot 1/2</td>
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<tr>
<td>Duck/Sea Turtle</td>
<td>Bubblers</td>
<td>Parent and Tot 2/3</td>
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<td>Lil Dipper (Ages 3-6)</td>
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<tr>
<td>Sea-Otter</td>
<td>Bobber</td>
<td>Preschool 1</td>
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<td>Salamander/Crocodile</td>
<td>Floater</td>
<td>Preschool 1/2</td>
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<td>Sunfish/Crocodile</td>
<td>Glider</td>
<td>Preschool 3</td>
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<tr>
<td>Crocodile</td>
<td>Diver</td>
<td>Preschool 3/4</td>
</tr>
<tr>
<td>Whale (Incomplete)</td>
<td>Surfer</td>
<td>Preschool 4/5</td>
</tr>
<tr>
<td>Whale (Complete)</td>
<td>Dipper</td>
<td>Preschool 5</td>
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<tr>
<td>Learn 2 Swim (Ages 6+)</td>
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<tr>
<td>Swim Kids 1/2</td>
<td>Otter</td>
<td>Swimmer 1</td>
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<tr>
<td>Swim Kids 2/3/4</td>
<td>Seal</td>
<td>Swimmer 1/2</td>
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<tr>
<td>Swim Kids 4/5</td>
<td>Dolphin</td>
<td>Swimmer 2/3</td>
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<td>Swim Kids 5/6</td>
<td>Swimmer</td>
<td>Swimmer 3</td>
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<td>Star 1-7 (Age 10+ or passed Swimmer level)</td>
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<tr>
<td>Swim Kids 6/7</td>
<td>Star 1</td>
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<td>Swim Kids 7</td>
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<td>Swim Kids 8 (Incomplete)</td>
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<td>Swim Kids 9</td>
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<td>Swim Kids 9/10</td>
<td>Star 6</td>
<td>Swimmer 6 (Incomplete)</td>
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<td>Swim Kids 10</td>
<td>Star 7</td>
<td>Swimmer 6 (Complete)</td>
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Goals and Milestones

**Preschool Lessons (Ages 0-3)**
Children will be accompanied by parents during the entire lesson. They will learn to become comfortable in the water and basic floating/gliding techniques through group activities. Parents will learn how to effectively hold children in the water, the basics of water safety, and first aid. Progress is based largely on age rather than completion of skills and techniques.

**Lil Dippers (Ages 3-6)**
Parents will be sitting out for these lessons; the children will be accompanied by the instructors. Children will learn floating, gliding, front and back swim as well as safe behaviours around water. Overall goals for each level are to be comfortable during various activities in both shallow and deep water. Progress is based on completion of skills in each level.

**Learn 2 Swim (Age 6+)**
Children will start to learn the core swimming strokes (Front/Back crawl) and survival strokes (Elementary back stroke). Focus will be put on body position, legs, arms, breathing, and coordination and timing. Education of water safety, risks, and prevention of water related accidents also begins at these levels. Progress is based on completion of skills in each level.

**Star 1-7 (Age 10+ or graduated from Swimmer Level)**
These levels focus on endurance, stroke technique, as well as promotion of swimming as a part of a healthy lifestyle. Both breast stroke and side stroke will be taught in these levels. Water safety knowledge includes basic first aid and rescue skills. Progress is based on completion of skills in each level. After completing Star 7, and being 10 or older, children are encouraged to continue onto the Lifesaving Society’s Bronze courses.
Aquatics: Advanced Courses

Bronze Medallion with First Aid & CPR Emergency B
Must be 13 years old or have completed Bronze Star

Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows, carries, defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

Friday 5:00 pm - 8:00 pm  January 11, 18
Saturday and Sunday 9:00 am - 5:00 pm  January 12, 13, 19, 20

Members / Non-Members:  $180.00 + HST

Bronze Cross with Standard First Aid & CPR C
Must have completed Bronze Cross Medallion and Emergency B with Standard First Aid

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certifications. The Bronze Cross course includes a 600m timed swim.

Friday 5:00 pm - 9:00 pm  February 1, 8
Saturday and Sunday 9:00 am - 5:00 pm  February 2, 3, 9, 10

Members / Non-Members:  $230.00 + HST

National Lifeguard Standard
Must be 16 years old or have completed Bronze Star

National Lifeguard Standard is Canada's professional lifeguard standard. National lifeguard training develops a strong understanding of lifeguarding principles, good judgment as well as a mature and responsible attitude towards the lifeguards' role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid training. Candidates develop teamwork, leadership, communication skills. Your Standard First Aid qualification must be from one of the following organizations to be deemed valid: Lifesaving Society, St. John Ambulance, Canadian Red Cross, Canadian Ski Patrol.

Friday 5:00 pm - 9:00 pm  March 1, 8
Saturday, Sunday 9:00 am - 5:00 pm  March 2, 3, 9, 10

Members / Non-Members:  $325.00 + HST

National Lifeguard - Recertification
Must be 16 years old and have completed National Lifeguard Certification

National Lifeguard Standard is Canada's professional lifeguard standard. National lifeguard training develops a strong understanding of lifeguarding principles, good judgment as well as a mature and responsible attitude towards the lifeguards' role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid training. Candidates develop teamwork, leadership, communication skills.

Sunday 9:00 am - 5:00 pm  March 10

Members / Non-Members:  $115.00 + HST
Red Cross Water Safety Instructor (WSI)
15+. Must have current Bronze Cross and minimum course of Emergency First Aid.

Red Cross Water Safety Instructor (WSI) allows you to be able to teach Red Cross swim Lessons. The course consists of three parts, a skill evaluation, online modules and the in class course. The online login information will be given to participants upon completion of the skill evaluation and must be complete prior the the beginning of the course. The YMCA of Kingston also accept this certifications for its instructors.

- **Friday** 4:00 pm - 8:00 pm (skills assessment)  
  February 22
- **Saturday and Sunday** 9:00 am - 4:00 pm  
  March 23, 24, 30, 31
- **Members:** $300.00 + HST  
  **Non-Members:** $350.00 + HST

Recertification (WSI)
17+. Must have completed a Red Cross WSI and have a Current Bronze or higher. Must have Emergency first aid qualification or higher.

- **Saturday** 12:00 pm - 5:00 pm  
  February 16
- **Members:** $120.00 + HST  
  **Non-Members:** $150.00 + HST

Lifesaving Society Instructor (LSI)
16+. Must have current Bronze Cross or higher.

Becoming a Lifesaving Society Instructor allows you to teach many lifesaving programs, most notibly the Bronze Medallion and Cross courses.

- **Friday** 5:00 pm - 9:00 pm  
  April 5
- **Saturday and Sunday** 8:30 am - 5:00 pm  
  April 6, 7
- **Members:** $150.00 + HST  
  **Non-Members:** $180.00 + HST

First Aid Training
Wright Crescent

**Standard First Aid**

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including; legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries and medical emergencies. This includes a CPR–C Certification. Large groups are welcome to set up individualized courses. Contact the aquatics department to book your workplace or school course.

- **Saturday and Sunday** 8:30 am - 5:00 pm  
  February 23, 24
- **Saturday and Sunday** 8:30 am - 5:00 pm  
  March 16, 17
- **Members / Non-Members:** $109.00 + HST

**Standard First Aid - Recertification**

holders of Standard First Aid certificates from other agencies may not recertify on a Life Saving Society recertification course. They may recertify only with the original certifying agency. To swap agencies, you must complete a full course with the new agency.

- **Sunday** 8:30 am - 5:00 pm  
  February 24
- **Sunday** 8:30 am - 5:00 pm  
  March 17
- **Members / Non-Members:** $90.00 + HST
Aquatics: Group Swimming Lessons

Parent & Tot Swimming Lessons - Wright Crescent
Ages 3 months - 3 years: Must be accompanied by a caregiver. Members only, registration required.

Our Parent and Tot program is designed to foster a positive relationship between your child and swimming. The curriculum is focused on fun activities and games in the pool as well as water comfort.

- **Monday**: 5:00pm - 5:30pm
- **Tuesday**: 10:30am - 11:00am
- **Wednesday**: 5:00pm - 5:30pm
- **Thursday**: 10:30am - 11:00am

Little Dippers
Ages 3-5. Members only, registration required.

Little Dippers programs introduce preschoolers (and the adults who accompany them) to a wide range of water activities, while setting a foundation for the critical life skill of swimming.

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Learn to Swim
Ages 6-13. Members only, registration required.

Learn to Swim is a program designed to build a love for the water and introduce fundamental swim skills to children over the age of 6.

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**Star 1-4**
Ages 6-13: Must have completed Swimmer level or equivalent. Members only, registration required.

Star programs help participants improve swim ability, learn new strokes, develop confidence in deep water scenarios.

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**Star 5-7**
Ages 6-13: Must have completed Star 4 level or equivalent. Members only, registration required.

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**Youth Skills & Drills**
Ages 6-13: Must have completed Star 7 level or equivalent. Members only, registration required.

The Youth Skills & Drills is a challenging and fun transitional program.

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**Youth Recreational Swim Team - Wright Crescent**
Ages 18 and under: Must have completed Star 4 level or equivalent. January 8 - March 5.

Members: $105.00 + HST (if applicable)
Non-Members: $210.00 + HST (if applicable)

The Youth Recreational Swim Team allows youth to work on their stroke technique while achieving their swim goals.

**Aquatics Leadership Program - Wright Crescent**

Members: $100.00
Non-Members: $120.00

Our Aquatic Leadership Program is designed to work with kids on fostering leadership and promoting further aquatic education through the lifesaving society’s courses. This includes swimming and first aid skills as well as leadership training and resume building.

Tuesday 4:30pm - 6:30pm
Adult Learn to Swim (Drop In)
Ages 13 +.

Members: Free
Non-Members: Single Day Access Rate

Provides adults with a safe and comfortable introduction to the pool with an instructor.

<table>
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<tr>
<th>Wright Crescent</th>
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<tbody>
<tr>
<td>Monday, Wednesday</td>
<td>6:45pm - 7:15pm</td>
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<td>Wednesday</td>
<td>6:50pm - 7:20pm</td>
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<td>11:30am - 12:15pm</td>
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Private Swim Coaching - Wright Crescent

Members $60.00 + HST

Tuesday or Thursday 7:00am - 8:00am

Adults can enjoy 1 hour of technical swimming development broken into two ½ hour sessions with world record holding marathon swimmer and elite professional coach Vicki Keith. The session can be formatted to fit each individual's needs. Focus can be on technical improvement or new skill development. Range of abilities to participate can be newer swimmers who are independent in the water and able to swim short distances through to strong swimmers who want to improve their skills.

Please register for your sessions and then contact Vicki at vicki_keith@kingston.ymca.ca to schedule.

Adult Swim Club - Wright Crescent
March 26, 2019 - June 8, 2019.

Members $65.00 + HST

Monday, Wednesday 6:00am - 7:00am
Saturday 7:15am - 8:15am

Practices are designed to develop fitness and stroke improvement in a supportive environment. Ideal for adults who want to improve their physical fitness through swimming. There are 2 coached practices per week and 1 independent workout.

*Participants should be able to swim 8 lengths of the pool front crawl.
**Private Swim Lessons**

Purchase of private lessons may only be done in person at the front desk. A private lesson form must be completed and signed at time of purchase.

### Youth

3-17 years

<table>
<thead>
<tr>
<th>Duration</th>
<th>Youth</th>
<th>Semi Private Lessons</th>
<th>Advance Course Prep</th>
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<tbody>
<tr>
<td>6 x 30 minutes</td>
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<tr>
<td>*$5.00 discount for members</td>
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Our swim program is suitable whether your child’s goals involve developing basic swim skills, pursuing swim team involvement or completing requirements to finish their current swimming level. We use our certified instructors to deliver a learning plan that is right for your child.

### Semi Private Lessons

<table>
<thead>
<tr>
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<th>Youth</th>
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<th>Advance Course Prep</th>
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<tr>
<td>$110.00 + HST</td>
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<td>$275.00 + HST</td>
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<tr>
<td>*$5.00 discount for members</td>
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<td>*$5.00 discount for members</td>
<td>*$5.00 discount for members</td>
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A great way for siblings or friends with similar skill sets and swimming goals to share a lesson!

### Advance Course Prep

<table>
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<tr>
<th>Duration</th>
<th>Youth</th>
<th>Semi Private Lessons</th>
<th>Advance Course Prep</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 x 60 minutes</td>
<td>5 x 60 minutes</td>
<td>5 x 60 minutes</td>
<td>6 x 60 minutes</td>
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<tr>
<td>$275.00 + HST</td>
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<td>$275.00 + HST</td>
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Becoming a Lifeguard requires participants to complete several courses including Bronze Medallion, Bronze Cross and National Lifeguard. A strong knowledge base in Lifesaver theory, rescue skills and physical fitness are needed to be successful in these courses. Whether you’re preparing to take on the next course, waiting to become of age or need extra time outside the course dates, our private lessons can help boost a participant’s knowledge and skill in and out of the water.

To arrange semi-private, advanced course prep or adult private lessons, please contact the Private Lesson Coordinator at privatelessons@kingston.ymca.ca
Adaptive Programs
Wright Crescent

The YMCA Adaptive Programs provide an opportunity for people with physical disabilities and their able-bodied friends and family to play and learn together. The programs allow people with disabilities to focus on and explore their abilities in a warm, supportive environment.

Kingston Y Penguins
The Kingston Y Penguins are a swim team for children with physical disabilities and their able-bodied siblings. Participants learn through sport, how to set goals and develop self-discipline, while building self-confidence. The heart of the program is learning how to maintain a positive attitude while nourishing a focus on ability. New registrants please contact Vicki Keith, at vicki_keith@kingston.ymca.ca, prior to registering. Independence in the water is encouraged for new participants but not required. Siblings should be able to swim one length of the pool. Families will determine the number of training sessions per week for each participant directly with the coach.

Mini Y Penguins
Ages 6 +

Members $100.00
Monday or Wednesday 5:00pm - 5:45pm

The Mini Y Penguins are created through a partnership with the Hotel Dieu KidsInclusive Program and the Y Penguins. Participants must be referred to the program through KidsInclusive. KidsInclusive volunteers work one on one with participants under the guidance of coach Vicki Keith to help provide children with a disability with an introduction to the water and entry level swimming lessons.

Junior Y Penguins
Ages 6+

Members $260.00
Monday and Wednesday 5:00pm - 5:45pm

This group includes swimmers who are not registered as competitive swimmers yet. As part of this membership fee Junior Penguins receive a team T shirt and bathing cap. These swimmers can participate in the annual Y Penguins swim meet The Big Chill.

Development Y Penguins
Ages 10+

Members $475.00
Monday to Thursday 3:30pm - 5:00pm

This group includes competitive swimmers up to 14 years of age. As part of their membership Development Penguins also receive a bathing suit, all meet fees, Swim Ontario fees and Swimming Canada fees. A minimum of 2 practices per week is required.

Senior Y Penguins
Ages 12+

Members $575.00 + HST
Monday to Thursday 3:30pm - 5:00pm (12+)
Friday 5:45am - 7:00am (16+)

This group includes competitive swimmers over 15 years of age, as well as any Penguin who is swimming at the Provincial and National level. As part of their membership Senior Penguins also receive a bathing suit, all meet fees, Swim Ontario fees and Swimming Canada fees. A minimum of 2 practices per week is required.
Total Life Care Specialty Programs
Wright Crescent

A certified personal trainer will assist and support members of the community in a self-management program. A physician's referral is required. Members will choose a specific time to attend 3 days per week by registering in the program on their chosen days and times. This will help members be accountable for their self-management and also helps develop relationships with others in the program for added support.

Y's Hearts Cardiac Maintenance Program
Monday to Saturday 7:30am - 3:00pm
This program is a registered program by physician referral. A Certified Personal Trainer is available during your class duration for advice and support. Please see the front desk for details on registration. Subsidized memberships are available.

Chronic Conditions and Chronic Pain Self-Management Program
Monday to Saturday 7:30am - 3:00pm
This is a drop-in program 2 days a week. Master Trainer in Chronic Pain, Tarey Gillard can assist you with your program. It is recommended that you have an initial consultation to determine the appropriate exercise program for you. Chronic Conditions can include fibromyalgia, arthritis, osteoarthritis, and COPD.

Healthy Lungs COPD Program
Monday to Saturday 7:30am - 3:00pm
YMCA Healthy Lungs Program was developed in partnership with Providence Care’s Respiratory Rehabilitation Clinic to deliver a monitored, after-care exercise and wellness program for Chronic Obstructive Pulmonary Disease (COPD) community members. There is a certified Personal Trainer available Tuesdays and Thursday, between 12:00 pm and 1:00 pm to assist with programming. Saturdays is self-managed.

Cancer Care Exercise Program
Monday to Saturday 7:30am - 3:00pm
This new program was developed in partnership with the Cancer Centre of Southeastern Ontario. The YMCA is committed to assisting those living with cancer in our community. A certified personal trainer will be available to assist and guide you through your exercise program. A physician’s Referral Form, found in our Cancer Care Program Brochure is required prior to starting your exercise program.
**Adult Programs**

**Y Weight - Total Body Transformation**  

Monday, Wednesday, Friday  6:30pm - 7:30pm (one class per week will be 6:30pm - 8:00pm)

Members $325.00 + HST  
Non-Members $650.00 + HST

Gains or losses...it’s up to you! Do you want to gain muscle mass or reduce body fat percentage? This program offers you 3 classes a week for 12 weeks with each class led by a Certified Personal Trainer to help motivate you to meet your goals, whatever they may be! In addition to your workouts, there will be a weekly group discussion on nutrition, weight management, and goal setting to better ensure your success.

Previous participants have lost an average of 30 lbs throughout the duration of the program and have seen significant increase in lean muscle mass. Please visit our website at https://www.kingston.ymca.ca/programs/adulthealth/ or Membership Services for an application and submit before **January 14, 2019**. You will be notified if you qualify and directed to register at that time.

**Fitness Fundamentals Boot Camp**  

Tuesday and Thursday  6:30pm - 7:30pm

Members $125.00 + HST  
Non-Members $250.00 + HST

If you want to improve your fitness level, and overall health as well as promote fat loss the Fitness Fundamentals Boot Camp is just what you need. Certified Personal Trainers will help you increase muscular endurance, strength and flexibility. Learn the fundamentals of fitness all while having fun!

**Strength and Conditioning Boot Camp**  

Tuesday and Thursday  6:30pm - 7:30pm

Members $125.00 + HST  
Non-Members $250.00 + HST

If you would like a little variety in your everyday routine, then the Strength and Conditioning Boot Camp is perfect for you. We can help you reach your fitness goals, see results and exceed your expectations. Expect a full cardio and strength workout each class led by a personal trainer.
Group Fitness and Aquafitness
The YMCA of Kingston has a wide variety of Adult Group Fitness and Aqua Fitness classes every day of the week at all 3 locations. You can choose from choreography based classes like Zumba, Jazz Lines or Step; Muscle Conditioning classes like RIP, Senior Strength and Cardio and Total Body Sculpt. Flexibility and balance classes like Tai Chi, Yoga and Pilates. Please see our website for up to date schedules.

Adult Recreation
The YMCA of Kingston offers a variety of recreational activities at our 100 Wright Crescent location. Choose from basketball, volleyball, badminton, pickleball, European handball, ping pong, squash and soccer. Please see our website and look for the gymnasium schedule for preferred activity, day and time.

Personal Training
One-on-one personal training is available from our certified personal trainers. All members receive a complimentary orientation to any of our fitness areas. Each month, members can receive a half hour of personal training at no extra cost. For additional training, sessions may be purchased at Membership Services. Watch for occasional special pricing on personal training packages!
Youth Programs
Wright Crescent

Youth Leadership Program (YLP) - Ongwanada

Monday 6:00pm - 7:30pm

Members  Free
Non-Members  $65.00

Calling all future leaders! Make new friends and build bonds to last a lifetime in this program aimed to prepare youth for a future as a volunteer here at the YMCA. This program will include weekly lessons and education towards developing youth's skills and abilities to make them better leaders and help prepare them for volunteer opportunities. As part of a great leadership experience package, participants will get the opportunity to volunteer at different YMCA or community events and our own youth programs throughout the session.

Ready, Set, Act!

Monday 5:00pm - 5:45pm (Ages 6-8)
5:50pm - 6:40pm (Ages 9-12)

Members  Free
Non-Members  $65.00

Step up to the stage in this fun and exciting introduction to drama. Youth will play various drama and acting games and activities with their peers and energetic staff. Our youth will gain confidence in their improv and presentation skills in a safe and welcoming environment.

Y’d World of Movement

Tuesday 4:15pm - 5:00pm

Members  Free
Non-Members  $70.00

Introduce your preschooler to the Y’d World of Movement! Through fun activities, this unique class allows children the opportunity to experience movement and gain a sense of physical awareness. Activities include hoola-hoop and parachute games, beginner level sports skills, and other exciting activities sure to get participants moving!
Work Hard, Eat Well
Members Only.

Tuesday        4:15pm - 5:15pm (Trainer - Empire Life Health and Fitness Studio)
                5:15pm - 7:00pm (Cook - Ongwanada)

Members        $75.00

Nothing beats a well balanced meal, especially after fun-filled physical activity! Youth will push their bodies to the limit with a personal trainer in the first hour and afterwards learn how to prepare nutritious, healthy meals with their instructor in Ongwanada's kitchen.

Youth Basketball Skills

Tuesday        4:30pm - 5:25pm

Members        Free
Non-Members    $70.00

Youth are invited to take the challenge to improve their basketball skills and learn the fundamentals in a positive, fun-filled environment!

Youth Badminton

Tuesday        5:30pm - 6:25pm (Ages 7-9)
                6:30pm - 7:25pm (Ages 10 -12)

Members        Free
Non-Members    $70.00

Learn the basics and build your badminton skills in this action-packed class! All equipment provided but please bring non-marking shoes.

Sports Sampler

Wednesday      5:00pm - 5:40pm (Ages 5-6)
                5:45pm - 6:40pm (Ages 7-9)
                6:45pm - 7:40pm (Ages 10-12)

Members        Free
Non-Members    $70.00

Come and sample different sports with others who are looking to gain new experiences playing in a team environment. We will cover the basics as our youth learn new skills, eventually progressing to games while trying a variety of different sports and activities.
Youth Soccer
Ages 5 - 12. January 10 - April 11.
Thursday  5:10pm - 5:55pm (Ages 5-6)
6:00pm - 6:55pm (Ages 7-9)
7:00pm - 7:55pm (Ages 10-12)

Members  Free
Non-Members  $70.00

Join in on the soccer skill building fun! Pro or beginner, this program will give youth the opportunity to improve their moves through skills, drills, and games.

Youth Squash
Thursday  5:30pm - 6:30pm

Members  Free
Non-Members  $70.00

Get ready for some fast-paced, heart-pumping racquet fun! Learn the ins and outs of this popular sport in a fun environment. All equipment is provided but please bring non-marking shoes.

Youth Volleyball
Friday  4:45pm - 5:30pm (Ages 7-9)
5:15pm - 6:25pm (Ages 10-12)

Members  Free
Non-Members  $70.00

Learn the basics of setting, bumping, and serving in this volleyball program perfect for skill development. Get ready to have a fantastic time playing in a fun and exciting environment with others who share a passion for volleyball.
Youth Volleyball Skills  

Friday 3:45pm - 4:40pm

Members Free
Non-Members $70.00

This program is for youth who are looking to improve their volleyball skills in a fun and welcoming environment. Youth will learn new skills, drills, and participate in games while working to become better volleyball players.

Youth Basketball Skills  

Friday 6:30pm - 7:30pm

Members Free
Non-Members $70.00

Youth are invited to take the challenge to improve their basketball skills and learn the fundamentals in a positive, fun-filled environment!

Youth Basketball  

Saturday 9:00am - 9:55am (Ages 5 - 6)
10:00am - 10:55am (Ages 7 - 9)
11:00am - 11:55am (Ages 10 - 12)

Members Free
Non-Members $70.00

Get in touch with your inner baller and learn the fundamentals of basketball. Youth of all skill levels will be challenged to improve their game and become part of our team!

Y'd World of Movement  

Saturday 9:00am - 9:45am

Members Free
Non-Members $70.00

Introduce your preschooler to the Y’d World of Movement! Through fun activities, this unique class allows children the opportunity to experience movement and gain a sense of physical awareness. Activities include hula-hoop and parachute games, beginner level sports skills, and other exciting activities sure to get participants moving!
Family Programs

Wright Crescent

Family Y Jump Rope (Drop-In)

Monday 6:00pm - 7:00pm (all skill levels)

Members Free
Non-Members Single Day Access Rate

Family Y Jump Rope is for children and adults alike. Learn fundamental jump and rope turning skills as the building blocks for single rope and double dutch. Indoor running shoes required.

Advanced Skills is recommended for individuals with jump rope experience. Participants will jump to new heights by learning many, creative and fun jump rope tricks and skills! Building speed, strength and endurance, are the key to advancing your skills with a rope.

Family Pickleball (Drop-In)
Ages 5+.

Sunday 2:00pm - 3:00pm

Members: Free
Non-Members: Single Access Pass Rate

A combination of table tennis, badminton and tennis using a wiffle ball and solid paddles. This game is fun for the whole family! No experience necessary.

Family Zumba (Drop-In)
Ages 5+.

Sunday 2:00pm - 2:45pm

Members: Free
Non-Members: Single Access Pass Rate

Fun, easy to follow choreography and enjoyment for the whole family!
School Break Programs

Wright Crescent

Babysitter’s Training Course
Ages 11-16.

<table>
<thead>
<tr>
<th>PA Days</th>
<th>9:00am - 4:00pm</th>
<th>Evenings</th>
<th>5:30pm - 8:30pm</th>
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<tbody>
<tr>
<td>January 25</td>
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<td>January 17, 24</td>
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<td>February 14, 21</td>
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<tr>
<td>March 14, 21</td>
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<td>March 14, 21</td>
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Members: $37.25
Non-Members: $67.50

The YMCA’s Babysitters Training Course is aimed at young people aged 11-16 years old. Our course will touch on professional conduct, some aspects of First Aid, and leadership. Babysitters will learn how to manage challenging behaviours, available tools and resources, and what to do in the event of an emergency.

Home Alone Course
Age 10+.

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<tr>
<th>PA Days</th>
<th>9:00am - 4:00pm</th>
<th>Weekends</th>
<th>9:00am - 2:00pm</th>
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<td>February 1</td>
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<td>January 19</td>
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<td>February 16</td>
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<td>March 23</td>
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Members: $25.25
Non-Members: $37.25

Build confidence with our Home Alone Safety Course for youth ages 10+. This program was designed to provide youth with the training to make knowledgeable decisions when home by themselves. Youth will gain the certainty and skills to handle issues that could arise, while keeping themselves safe.
Face 2 Face
March 23, 2019
Keynote Speaker: Jillian Murphy, ND

Further details to be announced
Visit
kingston.ymca.ca
KINGSTON

January 2019

Start the New Year off on the right foot by establishing or maintaining an active lifestyle. In addition to post-event refreshments, you will also receive a Unisex Resolution Run® Jacket.

resolutionrun.ca/register-s14577