



Spring 2021

PROGRAM GUIDE

YMCA of Fredericton



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Our Mission

We are a charitable organization that works in partnership with our community to help everyone reach their full potential through the promotion of a healthy body, mind and spirit.



Hours & Location

570 York Street
(506) 462-3000 ext. 0

Mon. - Fri. 5:30 a.m. - 10:00 p.m.
Sat. - Sun. 7:00 a.m. - 8:00 p.m.
Holidays: 8:00 a.m. - 4:00 p.m.

Birthday Party Reservations

Birthday Parties have been suspended until further notice due to Covid-19 restrictions.

Mark your calendar

Spring Registration:

In person & ONLINE
March 29, 2021 at 7:00 a.m.
Phone calls accepted after 12:00 p.m.

Spring Term:

Week of April 5 - Week of June 14, 2021

No Registered Programs:

May 22 - 24, 2021
(Victoria Day Weekend)

For the enjoyment of our members and community

- ✓ We are a scent-reduced facility (including locker rooms)
- ✓ We are a peanut-reduced facility
- ✓ For all YMCA programs, children 12 years & under must be supervised by a parent (check in/out policies apply)
- ✓ Photography and video of any kind is not permitted without authorization from management
- ✓ Use of phones, cameras and other electronic devices is not permitted in the locker room area
- ✓ Please remove outdoor footwear before entering studios or locker rooms
- ✓ Please lock all personal belongings in a locker (e.g. shoes, bags, coats)
- ✓ Non-members 16 years & older will be asked to sign in and show government photo ID
- ✓ Members 13 – 15 years of age must complete a teen weight trainer consultation before using the YMCA Wellness Centre

Our Response to Covid - 19

For the most up-to-date information on how the YMCA of Fredericton is handling the Covid-19 pandemic, and all of our new rules and regulations, please refer to our website at: <https://fredericton.ymca.ca/Join-the-YMCA/Our-Response-to-COVID-19>

Healthy People for Healthy Communities

Membership Benefits & Fees

- ✓ Access YMCA of Fredericton facilities & other locations across Canada when traveling
- ✓ Over 60 complimentary drop-in programs (no registration required)
- ✓ Complimentary Wellness Centre consultation with one of our certified Personal Trainers
- ✓ No Contract
- ✓ Complimentary and reduced-rate registered programs
- ✓ Access to YThrive - an exclusive online fitness coaching program
- ✓ Early years and youth memberships include TWO registered programs

Membership	Bi-Weekly (+HST)	Non-Member Rates (+HST)	
Individual Membership		** Individual Day Pass (all ages)	
0 – 14 yrs.	\$21.50 (no HST)	0-14 yrs.	\$5.00 (no HST)
15 – 18 yrs.	\$21.50	15-18 yrs.	\$5.00
19+ yrs.	\$28.50	19+ yrs.	\$10.00
Family Membership		** Family Day Pass	
First Adult (19+ yrs.)	\$28.50	Week Pass	\$35.00
Additional Adults (19+ yrs.)	\$20.50	One Month Pass (all ages)	\$75.00
Children (0 – 18 yrs.)	\$13.50	**Availability of Day Passes is contingent on Public Health	
Towel Service (\$2 / towel)	\$6.25	<i>directives related to Covid-19.</i>	

*Senior's discount (60+ yrs.) available upon presentation of valid ID at the Welcome Desk.

*Student discount (post-secondary) available upon presentation of valid student ID at the Welcome Desk.

*Joiner Fee (\$25.00 +HST) may apply.

Cancelled Classes – Please note that we allow for up to 2 class cancellations per session due to weather or unforeseen circumstances.

Membership Assistance: If you have special or unique financial circumstances, we will gladly discuss a variable rate membership with you. Phone : (506) 462 - 3000 ext. 0 or email: membershipassistance@ymcafredericton.org

Community Impact



STRONG COMMUNITIES CAMPAIGN

Strong Kids. Strong Adults. Strong Families.

At the YMCA of Fredericton we believe that EVERYONE deserves the opportunity to lead and active, healthy, lifestyle, regardless of personal finances. Our Strong Communities Campaign provides individuals and families with membership and camp assistance. All monies raised through the campaign go directly to individuals and families in Fredericton and the surrounding areas that have applied for financial assistance.



50 / 50 Online Fundraiser
www.ymca5050.com

YMCA 50/50 Fundraiser

This year, the YMCA of Fredericton has launched a progressive online 50/50 fundraiser. Tickets are available for \$2 each and can be purchased through www.ymca5050.com. Draws take place every Friday at noon and the lucky winner takes home half of the jackpot! The other half goes to helping individuals and families in Fredericton access programs at the YMCA.

Family Friend

This program is designed to provide assistance to single parents of young children who are feeling alone or isolated, experiencing challenges or looking for support and resources for community services. For more information, contact: familyfriend@ymcafredericton.org.



Employment Services

The YMCA Work Services Support Program offers individualized service to eligible clients who are adult residents of the Fredericton Region, have social barriers and are willing and able to commit to an employment action plan. These cases are managed and referred by one of the following departments: Department of Social Development, Department of Post-Secondary Education, Training & Labour (PETL), Department of Public Safety and Corrections Services of Canada.





IT'S YOUR TIME TO THRIVE

Wellness Centre Coaching

Consultation

During your FREE consultation with one of our qualified Personal Trainers, you will discuss your fitness goals and expectations. If you are looking for the basics, the Trainer will introduce you to some of our cardio and strength pieces, show you how to use the equipment safely and effectively, as well as explain and answer any questions you may have about gym etiquette.

YThrive

This FREE program, for all Y Members, is an easy way to get fit and healthy at no extra cost to you. YThrive lends the support needed to get started, quick results to stay motivated and flexibility to get it done solo. YThrive provides exceptional workouts via download onto your device or paper copy options. YThrive offers programs for youth and beginners, as well as those with fitness experience. You and the Personal Trainer will decide if this program is right for you, help you get started and follow up on your progress. As a valued Y Member, you will receive a FREE program update in 60 days and a brand new program every 90 days.

Personal Training

Investing in a Personal Trainer is a great option if you have specific personal or sports training goals, have mobility limitations, injuries or just need someone to keep you accountable. The Trainer will work with you one-on-one, develop an exercise program specifically for your needs, encourage you and help you set and reach your goals.

Personal Training Pricing:

- 3-Hour Introductory Package = \$99 (First time clients only.)
- 30 Minutes = \$25/60 Minutes = \$50
- 5 X 30 Minutes Sessions = \$100
- 10 X 30 Minutes Sessions = \$200
- 5 X 6 Minutes Sessions = \$200
- 10 X 60 Minutes Sessions = \$400

Call (506) 462 - 3000 to book a Wellness Centre Appointment today to see which option works for you!

BALANCE

Put a more ACTIVE you in motion.

Increase your energy levels and improve your overall health.



FLEX

Put a STRONGER you in motion.

Increase lean body mass and burn more calories.

BOOST

Put a FASTER you in motion.

Reduce your risk of health issues and lose weight.



BEGIN

Kick-start the path to a HEALTHIER you.

New to fitness? Sign up today for your one-on-one session.

GROW

Join the FUN!

Develop healthy habits and make new friends (for ages 10+).



Member Drop-In Programs

Early Years

Early Years Swim (0 – 5 yrs.) *

A program for young children and parents to spend quality time during free play in the leisure pool. Select toys and PFDs are available.

Youth

Recreation Swim (Rec Swim) *

This program is designed for the whole family to play together in the pool. Pool toys and PFDs are available. Pool location varies. Please refer to the [pool rules](#) on our website before entering the pool.

Students, Adults, Seniors

AquaFit

An excellent high resistance workout while minimizing impact on joints. Emphasis is on cardio and muscular conditioning.

*Swimming skills not required.

AquaStretch

Physical conditioning in warm water for people with joint issues. Emphasis is on stretching and muscle toning to improve and retain range of motion. *Pool depth is 3'8"*.

*Swimming skills not required.

Aqua Zumba®

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you do not want to miss!

Lane Swim

Increase your endurance and cardiovascular fitness at your own pace. Lanes are divided by speed.

Adult Leisure Swim

Open to adults for casual swimming, exercising in place or stretching in the warm therapy pool. *Pool depth is 3'8"*.

Restorative Swim

Adults will enjoy swimming, exercising in place or stretching in the warm therapy pool. *Pool depth is 3'8"*.

Adapted Aquatics

A fun warm-water swim for adults who require accommodations. Please call (506) 462-3000 ext. 0 for more info.

Deep Water Swim

Participants will enjoy swimming and exercising in place in the warm therapy pool. *Pool depth is 5'6"*.

Advanced Fitness

For intermediate to advanced athletes. Sweat through combinations of cardio, strength and core.

Cycle-Fit (Beginner – Advanced)

Experience spinning through various terrains. (50 min.)

Gym Tots (9 mo. – 5 yrs.)

Mon–Thurs 10:30–11:30 a.m., Sat 12:45–1:30 p.m., Sun 11:30 a.m. – 12:45 p.m.

Indoor physical activity structure that will keep your child smiling and active!

Youth Playground

Outdoor playground open to members both evenings & weekends.

*** Availability of these programs are subject to revised regulations issued by provincial health authorities.**

Dusty Sneakers (Beginner – Intermediate)

Designed for ANYONE starting a fitness journey, including active adults over 50 years. This class involves cardio, weights and flexibility exercises!

Gentle Fit (Beginner)

Exercise in and out of a chair to help increase your strength, flexibility and balance. This class is for those who need a gentle approach to exercise!

Gentle Stretch

A mix of yoga poses and gentle stretches with the assistance of a chair.

Glutes & Core

Exercises designed to isolate and activate all areas of the glutes. This class will also keep your heart rate up, combined with strengthening the core with the use of varying equipment including stability balls and loop bands.

Group Active (Beginner – Intermediate)

Incorporate all elements of fitness: increase your cardio, build strength and improve flexibility.

Group Blast (Intermediate – Advanced)

60 minute cardio training that uses steps to improve your fitness, agility, coordination and strength, while listening to GREAT music.

Group Centergy (Intermediate – Advanced)

Grow leaner and stronger as you mix Yoga and Pilates. Center your energy and reduce stress!

Group Power

A barbell based program that will help strengthen all your major muscles in an inspiring, motivating group environment.

Group Ride (Beginner-Advanced)

Burn calories as you spin your way through rough terrain during this high intensity ride!

Hatha Yoga

Practice is all about the basics. A slower moving class, poses are held for several breaths. The sequence of 40 postures and breathing exercises will open, strengthen and relax the entire body and is adaptable to meet individual needs.

Parents & Baby Cardio Time

Your little one can join you in the Wellness Centre while safely secured into their infant seat.



HIIT/Interval Training

Try this high-intensity interval training class with different training techniques in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. Get your body burning fat by completing 6 - 8 repetitions of each type of exercise, using plyometric steps and your body weight.

Kripalu Yoga

A gentle hatha yoga practice with a compassionate approach and emphasis on meditation, physical healing and spiritual transformation that overflows into daily life.

Strong Nation

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge and burpee is driven by the music, helping you make it to that last rep and maybe even five more. THIS IS NOT A DANCE CLASS!

Rowing

Challenge yourself to this upper and lower body workout with various movement patterns to create a dynamic, low impact, cardiovascular workout. Sign up required : <https://fredericton.ymca.ca/Schedules/Book-Online>

Tabata (Intermediate – Advanced)

With Tabata, you will be put through 20 second intervals of cardio, core, balance and strength with a 10-second rest between each interval. Join us for this efficient, calorie burning class where you choose your intensity level.

Vinyasa Yoga/Yoga Flow

A style of yoga characterized by stringing together a variety of postures so you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga.

Yoga Basics

An initial warm-up, followed by a series of individual or flow connected poses. Classes end with a focus on relaxation to integrate body, mind and spirit.

Zumba (Beginner – Advanced)

This class combines saucy Latin rhythms with easy to follow moves to give you a fun, upbeat way to get your heart pumping!

Registered Programs

Early Years (2 Years – 5 Years)

Week of April 5 - Week of June 14

Welcome to the YMCA Early Years Programs. Our programs are focused on developing fundamental movement skills and physical literacy for all children through sport, friendships, and fun!

With a YMCA Membership, children can register in any TWO programs! This can include one aquatics program per child, per term.

Gym & Swim (2 – 5 yrs.) (Parent – Child)

Children run, climb, roll, hop, balance and crawl! The fun continues in the leisure pool with water skills development through songs and games with their parents.

Kindernastics (4 - 5 yrs.)

Learn the fundamentals of gymnastics such as forward rolls, walking across balance beam and jumping off the vault. Explore and experience movement in a fun and enriching atmosphere.

Learn To Play Multisport (4 - 5 yrs.)

Children will become physically literate and learn all key fundamental movement skills while participating in a non-competitive, fun filled environment while playing soccer, t-ball, basketball and volleyball.

L'il Chefs (2 - 4 yrs.) (Parent - Child)

Learn to make easy, healthy snacks each week with your child.

L'il Van Goghs' (2 - 4 yrs.) (Parent - Child)

This program celebrates creativity, individuality, respect and diversity. Kids are free to learn and create through different artistic experiences.

Literacy & Fun (2 - 4 yrs.) (Parent - Child)

Children's imagination will soar listening to a story through arts, crafts and developmentally appropriate games.

Movin' & Groovin' (4 - 5 yrs.)

Fun-filled creative movement dance class where kids learn how to move to the beat while having a tonne of fun!

Music Movement Mania (2 - 4 yrs.) (Parent - Child)

A dance class for parents and toddlers. Learn to boogie to child-friendly tunes. Children will discover how to move and play to the beat.

Super Science (2 – 4 yrs.) (Parent – Child)

Children will use their imagination and scientific creativity as they are introduced to a world of thought provoking scientific fun.

Totnastics (2 – 3 yrs.) (Parent – Child)

This program is an early introduction to gymnastics. An instructor will guide both parents and children in areas of movement such as rolling, tumbling, balancing and climbing.

Program	Day	Time	Additional Fee (no HST)
Gym & Swim (2 - 5 yrs.)	Sat.	12:45 - 1:45 p.m.	–
	Mon.	5:00 - 5:45 p.m.	
Kindernastics (4 - 5 yrs.)	Mon.	5:45 - 6:30 p.m.	
	Wed.	5:00 - 5:45 p.m.	\$40
	Sat.	9:30 - 10:15 a.m.	
	Sat.	11:30 - 12:15 a.m.	
	Sat.	1:30 - 2:15 p.m.	
Learn to Play Multisport (4 - 5 yrs.)	Thurs.	5:00 - 5:50 p.m.	–
	Sun.	10:00 - 10:50 a.m.	
L'il Chefs (2 - 4 yrs.)	Wed.	10:30 - 11:15 a.m.	\$30
L'il Van Goghs (2 - 4 yrs.)	Thurs.	10:30 - 11:15 a.m.	–
Literacy & Fun (2 - 4 yrs.)	Tues.	10:30 - 11:15 a.m.	–
Movin' & Groovin' (4 - 5 yrs.)	Tues.	5:50 - 6:20 p.m.	–
	Sat.	9:30 - 10:00 a.m.	
Music Movement Mania (2 - 4 yrs.)	Wed.	9:30 - 10:15 a.m.	–
Super Science (2 - 4 yrs.)	Thurs.	9:30 - 10:15 a.m.	–
Totnastics (2 - 3 yrs.)	Sat.	9:30 - 10:00 a.m.	
	Sat.	11:30 - 12:00 a.m.	–
	Sat.	12:15 - 12:45 p.m.	

Register Online: fredericton.ymca.ca

L'il Dippers Program

Week of April 5 – Week of June 14

Registered Aquatic programs are limited to one per child, per term.

Due to COVID rules and regulations, a parent or caregiver (16 yrs.+) must accompany the child in the water in all L'il Dippers Programs.

Splashers & Bubblers (6 mo. – 3 yrs.)

Children start in the water with their parents learning basic swimming skills.

Bobbers & Floaters (3 – 5 yrs.)

Children learn to become comfortable in the water and work on mastering their front and back floats and glides.

Gliders & Divers (3 – 5 yrs.)

Children learn to swim on their front and back and work on deep water skills.

Surfers & Dippers (4 – 5 yrs.)

Children work on their front and back swim endurance (without floatation devices) and learn more advanced deep water skills.

Program	Tues.	Wed.	Thurs.	Sat.	Sun.
Splashers & Bubblers (6 mo. – 3 yrs.) Parented	7:00 - 7:30 p.m.	7:00 - 7:30 p.m.	7:00 - 7:30 p.m.	11:10 - 11:40 a.m. 11:50 - 12:20 p.m.	12:35 - 1:05 p.m. 1:15 - 1:45 p.m.
Bobbers & Floaters (3 – 5 yrs.) Parented	5:00 - 5:30 p.m. 5:40 - 6:10 p.m.	5:00 - 5:30 p.m. 5:40 - 6:10 p.m.	5:00 - 5:30 p.m. 5:40 - 6:10 p.m.	8:30 - 9:00 a.m. 9:10 - 9:40 a.m. 9:50 - 10:20 a.m.	11:15 - 11:45 a.m. 11:55 - 12:25 p.m.
Gliders & Divers (3 – 5 yrs.) Parented	5:00 - 5:30 p.m. 5:40 - 6:10 p.m. 6:20 - 6:50 p.m.	5:00 - 5:30 p.m. 5:40 - 6:10 p.m. 6:20 - 6:50 p.m.	5:00 - 5:30 p.m. 5:40 - 6:10 p.m.	10:30 - 11:00 a.m.	11:15 - 11:45 a.m. 11:55 - 12:25 p.m.
Surfers & Dippers (4 – 5 yrs.) Parented	–	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.	12:30 - 1:00 p.m.	1:55 - 2:25 p.m.

Not sure of your child's swimming level? Contact our Welcome Desk today! Phone: (506) 462-3000 ext. 0.

Progress Reports available online. Visit swimgen.net/search/ymcafred to see progress from your previous session. Use your YMCA member ID to log in.

Child Protection Policy: Children 6 months to 12 years:

Children must be accompanied by an adult (16+ years). The adult must stay in the viewing gallery for the duration of the class. The accompanying adult must sign the child in & out. Access to the pool area and viewing gallery is through the locker rooms.

Private Lessons

One-on-one classes which allow for an individualized swimming experience. Swimmers can focus on specific skills or work toward completing their swimming levels. For ages 3+ years. Fee will apply.

Semi-Private Lessons

Available upon request. Please contact the Welcome Desk for details.

For both private and semi-private lessons, children in the Otter/Seal level and below must be accompanied by a caregiver in the water.



Youth (Grade 1 – Grade 8)

Week of April 5 – Week of June 14

Welcome to the YMCA Youth Programs. Our programs are focused on developing fundamental movement skills and physical literacy for all children through sport, friendships, and fun!

With a YMCA Membership, children can register in any TWO programs! This can include one aquatics program per child, per term.

Badminton Instruction – Beg. / Int. (Gr. 2+), Adv. (Gr. 5 – 8)

Learn about physical fitness, rules of the game, basic technical skills and play singles/doubles games. Develop your grip, ready position, footwork, high/low serves, drop shots, smashes, singles/doubles strategies and placement of the shuttle.

Fencing – Youth I (Gr. 3 – 5) & Youth II (Gr. 6 – 8)

An introductory program for younger fencers. The basics of the sport will be taught using full steel and protective gear. No prior experience is expected.

Karate – Intro (Gr. 1+)

This program will introduce students to the basics of traditional Shotokan while improving physical capacity. It is the prerequisite to all levels of karate.*

Karate – Int. / Adv. (Gr. 2+)

Practicing twice a week, youth will continue to develop the basics of traditional Shotokan.*

*All karate students must have a karate suit. Suits can be purchased through chief karate instructor Steve Turgeon for \$46.

Movin' & Groovin' (Gr. 1 – 2) & (Gr. 3 – 6)

Fun-filled creative movement dance class where youth learn how to move to the beat while having a ton of fun!

Learn to Play: Racquet Sports (Gr. 1 – 4)

This new program will introduce youth to two different racquet sports: Tennis and Badminton. Through drills and game play, youth will learn the basic skills of these sports.

Tennis Instruction – Int. / Adv. (Gr. 2+)

This program is for children that have been previously introduced to tennis. Children will continue to learn fundamental tennis skills following Tennis Canada's Learn To Play curriculum.

Volleyball Instruction - Beg. (Gr. 3 - 5)

Learn the basic skills of volleyball through drills in a fun and relaxed atmosphere.

Volleyball Instruction - Int. / Adv. (Gr. 6 - 8)

Take the skills learned in beginner volleyball to the next level. Strengthen your serve and perfect your spike.

Gymnastics - (Gr. K-7) Please see Page 10.

Basketball - (Gr. K - 10) Please see Page 11.



Babysitting Course

Are you ready for the responsibility of babysitting? The Babysitter Course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. The course will help teens feel confident about caring for children of any age. For ages 12-15 years.

Prerequisite: Must be 12 years old by Dec. 31, 2021

Date	Time	Fee
Wed. Apr. 14	8:30 a.m. - 5:30 p.m.	\$50
Mon. May 17	8:30 a.m. - 5:30 p.m.	\$50

Register Online: fredericton.ymca.ca

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Additional Fee (no HST)</i>
Badminton Instruction – Beg./Int. (Gr. 2+)	Sun.	11:00 - 11:50 p.m.	–
Badminton Instruction – Adv. (Gr. 5 – 8)	Sun.	12:00 - 12:50 p.m.	–
Fencing – Youth I (Gr. 3 – 5)	Sun.	3:00 - 4:00 p.m.	\$25
Fencing – Youth II (Gr. 6 – 8)	Sun.	4:30 - 5:30 p.m.	\$25
Karate - Intro (Gr. 1+) **	Sun.	10:00 - 11:00 a.m.	\$30
Karate - Int./Adv. (Gr. 2 +)**	Mon. & Wed.	6:30 - 7:30 p.m.	\$50
Movin' & Groovin' (Gr. 1 – 2)	Tues. Sat.	6:30 - 7:15 p.m. 10:10 - 10:55 a.m.	–
Movin' & Groovin' (Gr. 3 – 6)	Sat.	11:10 - 12:00 p.m.	–
Learn to Play: Racquet Sports (Gr. 1 - 4)	Sun.	1:30 - 2:20 p.m.	–
Tennis Instruction - Int./Adv. (Gr. 2+)	Sun.	2:30 - 3:20 p.m.	–
Volleyball Instruction - Beg. (Gr. 3 - 5)	Sun.	3:30 - 4:20 p.m.	–
Volleyball Instruction - Int./Adv. (Gr. 6 - 8)	Sun.	4:30 - 5:20 p.m.	–

** Karate classes take place at the Northside Y - Willie O'Ree Place (605 Cliffe Street)

*Karate for Teens & Adults (Gr. 8+)**

Learn about traditional Shotokan while improving your concentration , discipline, respect, control, physical fitness, self-esteem and confidence.

*All karate students must have a karate suit. Suits can be purchased through the chief karate instructor.

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Dates</i>	<i>Member (+HST)</i>
Karate for Teens & Adults (Gr. 8+) Northside Y - Willie O'Ree	Mon. & Wed.	7:45 - 8:45 p.m.	April 5 - June 16	\$50



Gymnastics

Week of April 5 – Week of June 14

Totnastics (2 - 3 yrs.) (Parent - Child)

A parent-led discovery of movement in areas such as rolling, tumbling, balancing and climbing. This program is an early introduction to gymnastics.

Kindernastics (4–5 yrs.)

Learn the fundamentals of gymnastics such as forward rolls, walking across the balance beam and jumping off the vault. Explore and experience movement in a fun and enriching atmosphere.

Beginner Gymnastics (Gr. 1 – Gr. 4)

In this program, youth will be introduced to a variety of skills on the floor, low and high beams, bars, vaults and mini-trampoline. Progress Reports will be provided at the end of each term and badges will be awarded at the completion of each level.

Intermediate Gymnastics (Gr. 2 +)

Youth will train for 2 hours a week while continuing to develop a variety of skills on all events. Progress Reports will be provided at the end of each term and badges will be awarded at the completion of each level.

Advanced Gymnastics (Gr. 3+)

In this program, youth will have the opportunity to train more throughout the week while they enjoy our fun recreational setting (3 hours). Gymnasts will continue to work through a variety of skills on all events. Progress Reports will be provided at the end of each term and badges will be awarded at the completion of each level.

Big Shots (Gr. 3 +)

Big Shots is our revamped competitive gymnastics program. A great opportunity to enhance skills on all events. Youth will train 5 hours a week. Gymnasts will demonstrate all developed skills in an end of season showcase. Entrance into Big Shots is through assessment only.

***Please Note:** All Gymnastics programs will take place at the YMCA - 570 York Street.



Program	Day	Time	Additional Fee (no HST)
Totnastics (2 – 3 yrs.)	Sat.	9:30 - 10:00 a.m.	–
	Sat.	11:30 - 12:00 p.m.	
	Sat.	12:15 - 12:45 p.m.	
Kindernastics (4 – 5 yrs.)	Mon.	5:00 - 5:45 p.m.	\$40
	Mon.	5:45 - 6:30 p.m.	
	Wed.	5:00 - 5:45 p.m.	
	Sat.	9:30 - 10:15 a.m.	
	Sat.	11:30 - 12:15 p.m.	
	Sat.	1:30 - 2:15 p.m.	
Beginner Gymnastics	Mon.	5:00 - 6:00 p.m.	\$65
	Wed.	5:00 - 6:00 p.m.	
	Wed.	5:45 - 6:45 p.m.	
	Sat.	9:30 - 10:30 a.m.	
	Sat.	12:00 - 1:00 p.m.	
	Sat.	2:30 - 3:30 p.m.	
Intermediate Gymnastics	Mon. &	6:30 - 7:30 p.m.	\$135
	Sat.	10:30 - 11:30 a.m.	
	Sat.	10:00 - 11:30 a.m.	\$105
	Sat.	2:00 - 3:30 p.m.	\$105
Advanced Gymnastics	Mon. &	6:00 - 7:30 p.m.	\$175
	Sat.	11:00 - 12:30 a.m.	
	Mon. &	6:00 - 7:30 p.m.	
	Wed.	6:00 - 7:30 p.m.	
Big Shots Gymnastics	Wed. &	5:00 - 7:30 p.m.	\$250
	Sat.	1:30 - 4:00 p.m.	

Spring Basketball: Jr. Fusion

Week of April 5 – Week of June 14

Want to learn basketball skills like your favourite NBA players? Our new Jr. Fusion program (formerly Jr. NBA) is a developmental youth basketball program offered in conjunction with the newly formed Fredericton Fusion Basketball Club. Youth will participate in age appropriate basketball which will include learning the rules of the game, skill work and teamwork, all while having fun!

- Gr. K - 4 will have game days every second week. Gr. 5 - 10 will have game nights weekly.
- All games and practices will take place at the YMCA - 570 York Street.
- **Intro/Beginner:** For players that are new to basketball or for players that have beginner basketball skills.
- **Intermediate:** For players that have basketball experience or have played in Jr. NBA Basketball or Jr. Fusion.

Nouveau Le programme Jr. Fusion sera offert en français pour les filles en 3^{ième} - 4^{ième} année (maximum: 10 participantes.) Veuillez noter que la langue d'instruction pour ce groupe sera le français.

NEW The Jr. Fusion program will be offered in French for girls in Grade 3 - 4 (maximum: 10 participants). Please note that the language of instruction for this group will be French.

New YMCA Player:** An additional fee is applied to a new YMCA player. This is defined as a player that did not participate in the preceding Fall/Winter Jr. NBA program or the Winter Jr. Fusion Program. New players will receive a Jr. Fusion jersey. Families are responsible to provide accurate shirt sizes at the time of registration. If your child is a returning player and you would like a new jersey, you can select to pay the additional fee.

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Additional Fee** (no HST)</i>
Jr. Fusion (Gr. K - 1 Co-Ed) - Intro/Beg.	Thurs.	6:00 - 6:50 p.m.	\$25
Jr. Fusion ((Gr. 1 - 2 Co-Ed) - Int.	Tues.	6:00 - 6:50 p.m.	\$25
Jr. Fusion (Gr. K - 2 Co-Ed) - Game Day	Sun.	8:00 - 8:50 a.m.	
Jr. Fusion (Gr. 3 - 4) - Girls	Tues.	7:00 - 7:50 p.m.	\$25
Jr. Fusion (Gr. 3 - 4) - Francophone Filles*	Tues.	7:00 - 7:50 p.m.	\$25
Jr. Fusion (Gr. 3 - 4) - Boys	Fri.	5:00 - 5:50 p.m.	\$25
Jr. Fusion (Gr. 3 - 4) - Game Day	Sun.	9:00 - 9:50 a.m.	
Jr. Fusion (Gr. 5 - 6) - Boys	Thurs.	8:00 - 8:50 p.m.	\$25
Jr. Fusion (Gr. 5 - 6) - Boys Game Night	Fri.	7:00 - 7:50 p.m.	
Jr. Fusion (Gr. 5 - 6) - Girls	Thurs.	7:00 - 7:50 p.m.	\$25
Jr. Fusion (Gr. 5 - 6) - Girls Game Night	Fri.	6:00 - 6:50 p.m.	
Jr. Fusion (Gr. 7 - 10) - Boys	Tues.	8:00 - 9:15 p.m.	\$25
Jr. Fusion (Gr. 7 - 10) - Boys Game Night	Fri.	8:00 - 9:15 p.m.	
Jr. Fusion (Gr. 7 - 10) - Girls	Mon.	8:00 - 9:15 p.m.	\$25

Register Online: fredericton.ymca.ca

Youth Swimming

Week of April 5 – Week of June 14

Registered Aquatic programs are limited to one per child, per term.

Due to COVID rules and regulations, a parent or caregiver (16 yrs. +) must accompany the child in the water if the child is in Pre-Otter or Otter/Seal

Pre-Otter (6 – 12 yrs.)

Never been in a pool? Never taken swimming lessons? Scared of the water? This program is designed to help conquer fears of the water before starting our YMCA Learn to Swim Program.

Star Program (6 – 12 yrs.)

Master the different strokes (Front Crawl, Back Crawl, Elementary Back Stroke, Breaststroke and Side Stroke) in our four Star Program levels: Star 1, Star 2, Star 3, Star 4.

Learn to Swim (6 – 12 yrs.)

Master the swimming basics in our four Learn-to-Swim levels: Otter, Seal, Dolphin and Swimmer.

Star Leadership Program (6 – 12 yrs.)

Start learning lifesaving aquatic skills in our Star Leadership levels: Star 5, Star 6 and Star 7.

Programs	Tues.	Wed.	Thurs.	Sat.	Sun.
Pre-Otter (6 - 12 yrs.) Parented	–	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.	12:30 - 1:00 p.m.	1:55 - 2:25 p.m.
Otter/Seal (6 - 12 yrs.) Parented	5:00 - 5:30 p.m.	5:00 - 5:30 p.m.	5:00 - 5:30 p.m.	8:30 - 9:00 a.m.	11:15 - 11:45 a.m.
	5:40 - 6:10 p.m.	5:40 - 6:10 p.m.	5:40 - 6:10 p.m.	9:10 - 9:40 a.m.	11:55 - 12:25 p.m.
	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.		
Dolphin (6 - 12 yrs.)	5:00 - 5:30 p.m.	5:00 - 5:30 p.m.	5:00 - 5:30 p.m.	–	11:15 - 11:45 a.m. 11:55 - 12:25 p.m.
Dolphin/Swimmer (6 - 12 yrs.)	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.	6:20 - 6:50 p.m.	8:30 - 9:00 a.m. 9:10 - 9:40 a.m.	–
Swimmer (6 - 12 yrs.)	5:40 - 6:10 p.m.	5:40 - 6:10 p.m.	5:40 - 6:10 p.m.	–	11:15 - 11:45 a.m. 11:55 - 12:25 p.m.
Star 1 (6 - 12 yrs.)	7:00 - 7:45 p.m.	–	7:00 - 7:45 p.m.	9:50 - 10:35 a.m.	12:35 - 1:20 p.m. 1:30 - 2:15 p.m.
Star 2/3 (6 - 12 yrs.)	7:00 - 7:45 p.m.	7:50 - 8:35 p.m.	–	9:50 - 10:35 a.m. 10:45 - 11:30 a.m.	12:35 - 1:20 p.m. 1:30 - 2:15 p.m.
Star 4 (6 - 12 yrs.)	–	7:00 - 7:45 p.m.	7:00 - 7:45 p.m.	10:45 - 11:30 a.m.	12:35 - 1:20 p.m.
Star 5/6 (6 - 12 yrs.)	–	7:00 - 7:45 p.m.	–	11:40 - 12:25 p.m.	1:30 - 2:15 p.m.
Star 7 (6 - 12 yrs.)	–	–	7:50 - 8:35 p.m.	–	–

Not sure of your child's swimming level? For a swim assessment, visit our Welcome Desk or simply drop-in during a Rec. Swim.

Progress Reports available online. Visit <https://swimgen.net/search/ymcafred> to see progress from your previous session. Use your YMCA member ID to log in.

Child Protection Policy: Children 6 months to 12 years:

Children must be accompanied by an adult (16+ years). The adult must stay in the YMCA building for the duration of the class. The accompanying adult must sign the child in & out. Access to the pool area and viewing gallery is through the change rooms.

Teens & Adults

Adult Aquatic Lessons

Designed for those who want to become more comfortable in the water and learn basic swimming skills.

Teen Aquatic Lessons

This program is designed to help teens who would like to learn basic swimming skills in a safe environment. For ages 13 - 16 years.

Program	Day	Time	Dates	Member (+HST)	Public (+HST)
Adult Aquatic Lessons	Tues.	7:50 - 8:35 p.m.	Apr. 6- June 15	\$45	\$92
Teen Aquatic Lessons	Wed.	7:50 - 8:35 p.m.	Apr. 7 - June 16	\$45	\$92

Register Online: fredericton.ymca.ca

Advanced Youth Lessons

Intro to Competitive Swimming (Swimmer +1)

Step it up a notch! This program focuses on speed and endurance. A great introduction to competitive swimming with a focus on FUN! Open to youth able to swim 25 metres or more non-stop without assistance.

Stroke Improvement (Star 1+)

Need to improve one of your strokes? Join our stroke improvement class. All participants must have completed Swimmer or equivalent to register.

Programs	Day	Time	Additional Fee (+HST)
Intro to Comp Swimming (Swimmer +)	Tues.	7:50 - 8:35 p.m.	-
	Sat.	12:35 - 1:20 p.m.	
Stroke Improvement (Star 1+)	Thurs.	7:50 - 8:35 p.m.	-
	Sat.	12:35 - 1:20 p.m.	

Aquatic Leadership Courses

Bronze Star with Basic First Aid

Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop lifesaving skills. This is a great course to take to be successful in Bronze Medallion. Designed for 10-12 year olds.

Bronze Medallion with Emergency First Aid

Learn the four components of water-rescue education: judgement, knowledge, skill and fitness. This course includes tows, carries and defense methods in preparation for challenging rescues. **Prerequisites: Completed Bronze Star or 13 years old by the exam date.**

Bronze Cross

Designed for lifesavers who want advanced training including an introduction to safe supervision in aquatic facilities. This course is a prerequisite for all advanced National Lifeguard courses. **Prerequisites: Current Emergency First Aid certification and Bronze Medallion.**

National Lifeguard Pool with Workplace Standard First Aid

This course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based and explores approaches and techniques appropriate for National Lifeguard candidates. **Prerequisites: Bronze Cross and 15 years old by the exam date.**

Program	Day	Time	Dates	Additional Fee (+HST)
Bronze Star with Basic First Aid*	Wed.	7:00 - 8:15 p.m.	Apr. 7 - June 16	\$90
Bronze Medallion with Emergency First Aid*	Fri.	5:00 - 10:00 p.m.	Apr. 9 - 11	\$170
	Sat.	8:00 - 6:00 p.m.		
	Sun.	8:00 - 5:30 p.m.		
Bronze Cross*	Fri.	5:00 - 10:00 p.m.	Apr. 30 - May 2	\$120
	Sat.	9:00 - 6:00 p.m.		
	Sun.	9:00 - 5:30 p.m.		
National Lifeguard Service Pool with Workplace Standard First Aid	Fri.	5:00 - 9:00 p.m.	May 14 - 16, May 28 - 30, June 4 - 6	\$265
	Sat.	9:00 - 5:00 p.m.		
	Sun.	12:00 - 8:00 p.m.		
National Lifeguard Pool Recertificaton*	Sun.	5:00 - 9:00 p.m.	Apr. 18	\$65

* Candidates will be required to bring someone from their bubble in order to enact "rescue" practices.

Program	Day	Time	Dates	Additional Fee (+HST)
Workplace Standard First Aid, CPR – C / AED *	Sat. & Sun.	8:30 – 4:30 p.m.	Apr. 24 - 25	\$108



Register Online: fredericton.ymca.ca

Child Care

Early Learning & Care

The aim of the YMCA of Fredericton Child Care Centre is to provide the highest quality of care for children between the ages of 2 and 5. We follow both the YMCA Play to Learn Curriculum and NB Curriculum framework, which are play-based learning curriculums. Our program objective is to help young children grow mentally, physically, socially and emotionally at their own pace. We offer exploration in science, numeracy, literacy, art, music, and drama. Our program is rounded with daily physical activity, making use of our outdoor play spaces as well as our gymnasium and studios. In addition, children in our early learning program receive one instructed swimming lesson per week.

After-School Program

The YMCA of Fredericton After-School Programs ensure children have opportunity to learn and play in a safe environment. We have been providing licensed, affordable, convenient, quality programs since 1985. Our program includes daily physical activity in the gym, pool or outside. While in their classroom, children explore activities across all subject areas. Youth are transported to their location by bus or are met at the school by our qualified YMCA staff and walked to their after-school site. The YMCA of Fredericton is following provincial health guidelines throughout the entire Y facility. Child care is taking all precautions to maintain guidelines as directed by the Provincial Public Health Agency* and the Department of Education and Early Childhood.

<i>Program</i>	<i>Ages</i>	<i>Time</i>	<i>Location</i>	<i>Bi-Weekly Fee (no HST)</i>
Morning Preschool	3 & 4	8:00 – 11:30 a.m.	YMCA - 570 York Street	\$62 - \$155
Full-Time Care	2 – 4	7:30 – 5:30 p.m.	YMCA - 570 York Street	\$325 - \$335
After-School Program	5 – 12	School dismissal – 5:30 p.m.	*Various	\$180 or \$190 with bus.

* After-School Program off site locations: Nashwaaksis Memorial Elementary (Nasis Church), Park Street Elementary and Royal Road Elementary

570 York Street Location: Connaught Street, Priestman Street, Garden Creek, Kingsclear Consolidated and École des Bâtisseurs.

For information on Early Learning & Care and After-School Programs, contact Tabatha McCrea at (506) 462-3000 ext. 120 or email tabatha.mccrea@ymcafredericton.org

*** Due to the COVID-19 pandemic, the availability of child care is subject to revised regulations issued by provincial health authorities.**





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