



Shine On 

Updated April 3

# SPRING 2025 PROGRAM GUIDE

ONLINE REGISTRATION OPENS:  
Friday, March 21 at 7:00 a.m.

PROGRAMS RUN WEEK OF APRIL 7 - WEEK OF JUNE 16

Shine On 



## HEALTHY KIDS DAY 2025

SATURDAY, JUNE 7  
10:00 A.M. - 2:00 P.M.



A community  
event open  
to ALL!





Shine On

# F R E D E R I C T O N

## TABLE OF CONTENTS

### **Membership Information**

|                                       |   |
|---------------------------------------|---|
| <u>Welcome</u>                        | 4 |
| <u>Contact &amp; Hours</u>            | 5 |
| <u>Membership Benefits &amp; Fees</u> | 5 |
| <u>Registration Information</u>       | 6 |

### **Aquatics Registered Programs**

|  |    |
|--|----|
| <u>Rolling Registration</u>                    | 7  |
| <u>Preschool Lessons</u>                       | 8  |
| <u>Preschool Lesson Schedule</u>               | 9  |
| <u>Youth Swimming</u>                          | 10 |
| <u>Youth Lesson Schedule</u>                   | 11 |
| <u>Star Program</u>                            | 12 |
| <u>Star Lesson Schedule</u>                    | 13 |
| <u>Lessons for Teens, Adults &amp; Seniors</u> | 15 |

### **Aquatics Certification Courses**

|                                     |    |
|-------------------------------------|----|
| <u>Aquatics Leadership Courses</u>  | 14 |
| <u>Aquatics Leadership Schedule</u> | 14 |

### **Health & Safety Course p.15**

### **Early Years Registered Programs (0 - 5 yrs.)**

|                             |    |
|-----------------------------|----|
| <u>Program Descriptions</u> | 16 |
| <u>Program Schedule</u>     | 17 |

### **Youth Registered Programs (6 - 18 yrs.)**

|                             |    |                                |    |
|-----------------------------|----|--------------------------------|----|
| <u>Ball Sports</u>          | 18 | <u>Martial Arts Schedule</u>   | 23 |
| <u>Ball Sports Schedule</u> | 19 | <u>Racquet Sports</u>          | 24 |
| <u>Dance</u>                | 20 | <u>Various Sports</u>          | 25 |
| <u>Gymnastics</u>           | 21 | <u>Various Sports Schedule</u> | 26 |
| <u>Martial Arts</u>         | 22 |                                |    |

### **Teens, Adults & Seniors Registered Programs p.27**

### **Ad insert for Junior Leader Summer Day Camp Opportunity p. 28**



# WELCOME TO THE YMCA OF FREDERICTON

**The YMCA is a charity  
igniting the potential in people!**

**W**e are thrilled that you are joining us for the upcoming program session. Our registered programs are planned to give you and your family an opportunity to develop skills, new friendships and have fun. The program managers and individual instructors for each activity take pride in the developmental goals and experience that you will have in the coming weeks.

Registered programs are one of many benefits that you will experience as a member of the YMCA. We hope that you will participate in opportunities for feedback surveys, drop in programs and support other YMCA community initiatives.

Thank you!



Darcy Delaney  
President & CEO  
YMCA of Fredericton





# MEMBERSHIP INFORMATION

Enjoy all the inclusive benefits of a Y membership!

## Register Today!

- Access to YMCA South & Fredericton North
- Access to YMCA facilities across Canada
- Over 60 complimentary drop-in programs
- Personal weight training consultation
- Member appreciation events
- Discounted rates for specialty programs
- Early Years and Youth memberships include 3 registered programs
- 15% discount at Herc's Nutrition Fredericton
- A free classic lemonade at the Squeeze with purchases over \$20.00
- 10% discount at Simply for Life

## Contact Us & Hours Operation

### Fredericton South YMCA

570 York Street  
Phone: (506) 462 - 3000 ext. 0  
Email: [info@ymcafredericton.org](mailto:info@ymcafredericton.org)  
Website: [fredericton.ymca.ca](http://fredericton.ymca.ca)

### Fredericton North YMCA

Willie O'Ree Place  
605 Cliffe Street  
Phone: (506) 472 - 1271  
Email: [info@ymcafredericton.org](mailto:info@ymcafredericton.org)

Monday - Friday 5:30 a.m. - 10:00 p.m.  
Saturday & Sunday 7:00 a.m. - 8:00 p.m.  
Statutory Holidays 8:00 a.m. - 4:00 p.m.

Monday - Friday 6:00 a.m. - 9:00 p.m.  
Saturday & Sunday 8:00 a.m. - 6:00 p.m.  
Statutory Holidays CLOSED

## Membership Rates (effective April 1, 2025)

### Membership

### Bi-Weekly (+HST)

### Non-Member Rates (+HST)

#### Individual Membership

#### Individual Day passes

|                           |                  |
|---------------------------|------------------|
| 0 - 14 yrs.               | \$25.03 (no HST) |
| 15 - 18 yrs.              | \$25.03 (+tax)   |
| 19+ yrs.                  | \$31.47 (+tax)   |
| Senior (60+)/Student(19+) | \$26.47 (+tax)   |

|              |                 |
|--------------|-----------------|
| 0 - 14 yrs.  | \$7.00 (no HST) |
| 15 - 18 yrs. | \$7.00 (+tax)   |
| 19+ yrs.     | \$13.04 (+tax)  |

#### Family Memberships

#### Family Day Pass

|                         |                |
|-------------------------|----------------|
| First Adult (19+)       | \$31.47 (+tax) |
| Additional Adults (19+) | \$23.35 (+tax) |
| Each Child (0 - 18)     | \$18.11 (+tax) |

#### Week Pass

#### Month Pass

#### Couple Memberships

|               |                |
|---------------|----------------|
| Adult Couple  | \$54.82 (+tax) |
| Senior Couple | \$44.82 (+tax) |

### Membership Services

|               |               |
|---------------|---------------|
| Towel Service | \$7.00 (+tax) |
| Basket Rental | \$3.00 (+tax) |



Joiner Fee (\$25.00 + HST) may apply

# SPRING 2025

Online registration will open at  
7:00 a.m. on Friday, March 21

Term runs from the  
WEEK OF APRIL 7 - WEEK OF JUNE 16

## REGISTER ONLINE!

To view your account, make payments, update your personal and payment information, visit us online at [ONLINE ACCESS](#).

First time logging in? PLEASE DO NOT CREATE A NEW ACCOUNT AS YOUR INFORMATION MAY ALREADY BE ON FILE! Click the Sign In/Sign Up button and select "forgot login name". Enter your email to obtain your login information. To create/reset your password, select "forgot password". If you need assistance, please contact our Welcome Desk at (506) 462 - 3000 ext. 0

Helpful Tip: Ensure that your membership (or your child's membership) is active by checking ahead of registration day. Your YMCA membership MUST be active to register.

## MEMBERSHIP ASSISTANCE

If your financial situation has changed, or you have special or unique circumstances, please bring this to our attention and we will gladly discuss a variable rate membership with you. Phone: (506) 462 - 3000 ext. 119 or email: [membershipassistance@ymcafredericton.org](mailto:membershipassistance@ymcafredericton.org)



## **NO REGISTERED PROGRAMS ON THE FOLLOWING DATES:**

### Easter Weekend

Friday, April 18  
Saturday, April 19  
Sunday, April 20

*Registered programs will run on Monday, April 21.*

### Victoria Day Long Weekend

Saturday, May 17  
Sunday, May 18  
Monday, May 19

### Healthy Kids Day

Saturday, June 7  
10:00 a.m. - 2:00 p.m.

*No registered programs from 8:00a.m. - 3:00 p.m.  
All swimming lessons are CANCELLED*

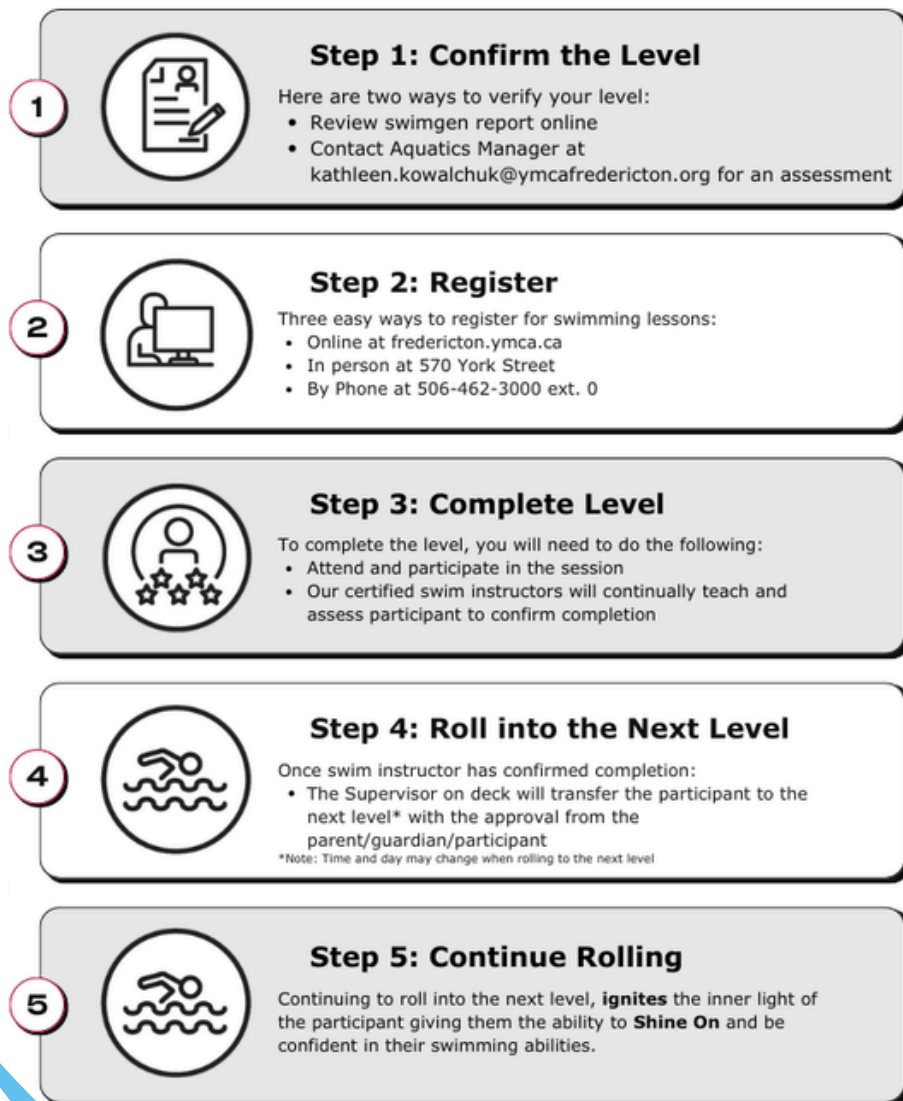
## ONLINE REGISTRATION





## Rolling Registration

Rolling Registration allows swimmers to complete their swimming levels at their own pace and without the interruption of new term registration. Moreover, new swimmers can join the classes throughout the year without having to wait for new seasonal sessions. Please see the graphic below to learn how rolling registration works. If the class you require is full, you will be placed on the waiting list for the next available spot. You are not required to be a Y member in order to get your name on the waiting list. Join when you are ready to take the plunge!



Have you taken swimming lessons elsewhere?  
Please refer to our

**SWIM LESSON  
CONVERSION CHART  
HERE**

Check your  
progress on  
SWIMGEN

### YMCA Preschool Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

#### YMCA Preschool Swimming Lessons - Parent & Tot | 6 months - 2 years

The first two levels in YMCA preschool Swim Lessons start in the water with their parents, learning basic swimming skills.

##### **Splashers (6 - 18 months)**

As the first level of YMCA Preschool Swim Lessons, Splashers is a great way to introduce babies to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and (of course) to learn to splash with arms and legs!

##### **Bubblers (19 months - 2 yrs.)**

The second level of YMCA Preschool Swim Lessons, Bubblers, we work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

#### YMCA Preschool Swimming Lessons | 3 - 5 years

##### **Bobbers (3 - 5 yrs.)**

In Bobbers, we'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.

##### **Gliders (3 - 5 yrs.)**

In Gliders, children will combine kicking with gliding to learn how to propel themselves through the water.

*Prerequisite: 3-5 years old & Floaters (or an equivalent skill level).*

##### **Surfers (3 - 5 yrs.)**

In Surfers, we'll continue to help your child develop front and back swimming skills and build up to a distance of 15 metres. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries — ker-splash!

*Prerequisite: 3-5 years old & Divers (or an equivalent skill level).*

##### **Floaters (3 - 5 yrs.)**

In Floaters, we introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will also become comfortable submerging themselves underwater. *Prerequisite: 3 - 5 years old & Bobbers (or an equivalent skill level).*

##### **Divers (3 - 5 yrs.)**

In Divers, children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 metres. Your child will also learn to jump into and float in deep water unassisted. *Prerequisite: 3-5 years old & Gliders (or an equivalent skill level).*

##### **Jumpers (3 - 5 yrs.)**

In Jumpers, we'll introduce the front and back crawl, as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 metres. *Prerequisite: 3-5 years old & Surfers (or an equivalent skill level).*





# AQUATICS

## REGISTERED PROGRAMS

### YMCA Preschool Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

## SWIMMING LESSON SCHEDULE

| Level  | Mon.  | Tues.                                | Wed.             | Thurs.                              | Sat.   | Sun.   |
|--|---|--------------------------------------|------------------|-------------------------------------|--|--|
| <b><u>Splashers</u></b><br><b>(6 - 18 mo.)</b>     | -   | -                                    | 5:00 - 5:30 p.m. | -                                   | 9:00 - 9:30 a.m.   | 1:00 - 1:30 p.m..  |
| <b><u>Bubblers</u></b><br><b>(19 mo. - 2 yrs.)</b> | 5:00 - 5:30 p.m.<br>5:35 - 6:05 p.m.  | -                                    | 5:00 - 5:30 p.m. | -                                   | 9:00 - 9:30 a.m.   | 1:00 - 1:30 p.m..  |
| <b><u>Bobbers</u></b><br><b>(3 - 5 yrs.)</b>       | 5:00 - 5:30 p.m.<br>5:35 - 6:05 p.m.<br>6:10 - 6:40 p.m.<br>6:45 - 7:15 p.m.. | 5:00 - 5:30 p.m.<br>5:35 - 6:05 p.m. | 5:35 - 6:05 p.m. | 5:00 - 5:30p.m.<br>5:35 - 6:05 p.m. | 9:35 - 10:05 a.m.<br>10:10 - 10:40 a.m..                       | 11:15 - 11:45 a.m.<br>11:50 - 12:20 p.m.<br>12:25 - 12:55 p.m. |
| <b><u>Floaters</u></b><br><b>(3 - 5 yrs.)</b>      | 6:10 - 6:40 p.m.<br>6:45 - 7:15 p.m.  | 5:00 - 5:30p.m.<br>5:35 - 6:05 p.m.  | 5:35 - 6:05 p.m. | 5:00 - 5:30p.m.<br>5:35 - 6:05 p.m. | 9:35 - 10:05 a.m.<br>10:10 - 10:40 a.m..                       | 11:15 - 11:45 a.m.<br>11:50 - 12:20 p.m.<br>12:25 - 12:55 p.m. |
| <b><u>Gliders</u></b><br><b>(3 - 5 yrs.)</b>       | 5:35 - 6:05 p.m.  | 5:35 - 6:05 p.m.                     | 5:00 - 5:30 p.m. | 5:35 - 6:05 p.m.                    | 10:05 - 10:35 a.m.<br>10:40 - 11:10 a.m.<br>10:45 - 11:15 a.m. | 11:50 - 12:20 p.m.<br>1:00 - 1:30 p.m.                         |
| <b><u>Divers</u></b><br><b>(3 - 5 yrs.)</b>        | 5:35 - 6:05p.m.   | 5:35 - 6:05p.m.                      | 5:00 - 5:30 p.m. | -                                   | 10:05 - 10:35 a.m.   | 11:50 - 12:20 p.m.   |
| <b><u>Surfers</u></b><br><b>(3 - 5 yrs.)</b>       | 6:10 - 6:40 p.m.  | -                                    | 6:10 - 6:40 p.m. | -                                   | -  | -  |
| <b><u>Jumpers</u></b><br><b>(3 - 5 yrs.)</b>       | 6:10 - 6:40 p.m.  | -                                    | -                | 6:10 - 6:40 p.m.                    | -  | -  |

#### Swim Lesson Notes:

- No lessons on April 18, 19, 20 | May 17, 18, 19
- Not sure of your child's swimming level? Please email [kathleen.kowalchuk@ymcafredericton.org](mailto:kathleen.kowalchuk@ymcafredericton.org) to book an assessment.
- Progress reports are available online at [SWIMGEN](#).
- Use your YMCA member ID to log on.

#### Child Protection Policy for Swim Lessons - 6 months - 12 years:

- Children 9 years and younger must be signed in and out of Aquatics registered programs (ie swimming lessons). A parent/guardian (16+) MUST stay on deck/viewing gallery for the entire program.
- Children 10 – 11 years MUST have a parent/guardian (16+) escort them to and from pool deck for Aquatics registered programs (ie swimming lessons).
- Children 12+ years can attend Aquatics registered programs (ie swimming lessons) without a parent/guardian.

## Youth Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

### YMCA Learn to Swim Program | 6 - 12 years

The YMCA Learn to Swim Program is a series of four lessons that focuses on technique, stroke development and endurance. Your beginner-level swimmer will learn foundational swimming skills that will be applied throughout their future aquatic activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water.

#### Otter (6 - 12 years)

An introductory level for beginner swimmers ages 6-12 years old, Otter will teach your child the basics of pool safety, going underwater, and gliding on their front and back.

The first of four levels in our national YMCA Learn to Swim program, Otter teaches your child how to stay safe in the water and to develop their swimming skills. During these levels, an optional list of skills to learn will be provided during the session.

*Prerequisite: 6-12 years old.*

#### Seal (6 - 12 years)

The second of four levels in our national YMCA Learn to Swim program, Seal teaches your child how to stay safe in the water and to develop their swimming skills. In this level, children will further develop the skills of gliding, kicking, and submerging. During these levels, an optional list of skills to learn will be provided during the session.

*Prerequisite: 6-12 years old & Otter (or an equivalent skill level).*

#### Dolphin (6 - 12 years)

The third of four levels in our national YMCA Learn to Swim program, Dolphin teaches kids how to stay safe in the water and to develop their swimming skills. Your child will be introduced to swimming on their front, back, and underwater. During these levels, an optional list of skills to learn will be provided during the session.

*Prerequisite: 6-12 years old & Seal or Jumpers (or an equivalent skill level).*

#### Swimmer (6 - 12 years)

The last level in our national YMCA Learn to Swim program, Swimmer teaches children how to stay safe in the water and to develop their swimming skills. In this level, kids will learn front and back crawl, and how to tread water. Children at this level will have achieved a solid foundation of swimming skills and be able to front swim for a distance of 25 metres.

*Prerequisite: 6-12 years old & Dolphin (or an equivalent skill level).*





# AQUATICS

## REGISTERED PROGRAMS

### Youth Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

## SWIMMING LESSON SCHEDULE

| Level                                  | Mon.             | Tues.                                | Wed.   | Thurs.                               | Sat.                                     | Sun.                                     |
|--|------------------|--------------------------------------|--|--------------------------------------|--|--|
| <b>Otter</b><br><b>(6 - 12 yrs.)</b>   | 6:45 - 7:15 p.m. | 6:45 - 7:15 p.m.                     | 5:35 - 6:05 p.m.<br>6:10 - 6:40 p.m.                     | 5:35 - 6:05 p.m.<br>6:45 - 7:15 p.m. | 10:40 - 11:10 a.m.<br>12:05 - 12:35 p.m. | 11:15 - 11:45 a.m.<br>12:25 - 12:55 p.m. |
| <b>Seal</b><br><b>(6 - 12 yrs.)</b>    | 6:45 - 7:15 p.m. | 6:45 - 7:15 p.m.                     | 5:35 - 6:05 p.m.<br>6:10 - 6:40 p.m.<br>6:45 - 7:15 p.m. | 6:45 - 7:15 p.m.                     | 12:05 - 12:35 p.m.                       | 11:15 - 11:45 a.m.<br>12:25 - 12:55 p.m. |
| <b>Dolphin</b><br><b>(6 - 12 yrs.)</b> | 7:20 - 7:50 p.m. | 6:10 - 6:40 p.m.<br>7:20 - 7:50 p.m. | 6:45 - 7:15 p.m.   | 6:10 - 6:40 p.m.<br>7:20 - 7:50 p.m. | 12:40 - 1:10 p.m.                        | -  |
| <b>Swimmer</b><br><b>(6 - 12 yrs.)</b> | 7:20 - 7:50 p.m. | 6:10 - 6:40 p.m.<br>7:20 - 7:50 p.m. | 6:45 - 7:15 p.m.   | 6:10 - 6:40 p.m.<br>7:20 - 7:50 p.m. | 12:40 - 1:10 p.m.                        | -  |

#### Swim Lesson Notes:

- No lessons on April 18, 19, 20 | May 17, 18, 19
- Not sure of your child's swimming level? Please email [kathleen.kowalchuk@ymcafredericton.org](mailto:kathleen.kowalchuk@ymcafredericton.org) to book an assessment.
- Progress reports are available online at [SWIMGEN](#).
- Use your YMCA member ID to log on.

#### Child Protection Policy for Swim Lessons - 6 months - 12 years:

- Children 9 years and younger must be signed in and out of Aquatics registered programs (ie swimming lessons). A parent/guardian (16+) MUST stay on deck/viewing gallery for the entire program.
- Children 10 – 11 years MUST have a parent/guardian (16+) escort them to and from pool deck for Aquatics registered programs (ie swimming lessons).
- Children 12+ years can attend Aquatics registered programs (ie swimming lessons) without a parent/guardian.



## Youth Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

### YMCA Star Lessons | 6 - 12 years

The YMCA Star Program is a series of four lessons for those who have mastered basic swimming skills focuses on technique, stroke development and endurance.

During the Star Program, your child will have the opportunity to build new relationships and explore other facets of aquatics, like competitive swimming, water sports, and Aquafit classes.

#### Star 1 (6 - 12 years)

In this level, kids will learn to use the whip kick on their back and the egg-beater motion for treading water. We will help your child continue to develop front and back crawl technique and endurance.

As the first level of our YMCA Star Program, in Star 1 we also introduce your child to other aspects of swimming. During these levels, an optional list of skills to learn will be provided including competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

*Prerequisite: 6-12 years old & Swimmer (or an equivalent skill level).*

#### Star 2 (6 - 12 years)

At this level, we focus on the backstroke and continue to help kids refine their stroke technique and increase their endurance.

The second level of our YMCA Star Program, in Star 2 we continue to encourage your child to build on the optional skills learned in Star 1. Optional skills include competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

*Prerequisite: 6-12 years old & Star 1 (or an equivalent skill level).*

#### Star 3 (6 - 12 years)

At this level, your child will focus on the breaststroke and egg-beater motion for treading water, while continuing to build endurance in the pool. We will also introduce young swimmers to introductory lifesaving concepts.

Building on the optional skills learned in Star 2, participants will continue with competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

*Prerequisite: 6-12 years old & Star 2 (or an equivalent skill level).*

#### Star 4 (6 - 12 years)

At this level, we will help your child focus on the sidestroke and we will continue to introduce lifesaving skills.

Your child will also carry on with exploring other interests in the pool – competitive swimming, lifesaving, synchronized swimming, aquatic fitness, and water polo.

*Prerequisite: 6-12 years old & Star 3 (or an equivalent skill level).*

#### Star 5 (6 - 12 years)

We will introduce the butterfly stroke along with lifesaving and first aid elements from the Rookie and Ranger levels of the Canadian Swim Patrol program.

Swimmers will also have the opportunity to continue to develop advanced aquatics skills by selecting from a range of options: advanced strokes, water polo, synchronized swimming, or aquatic fitness.

*Prerequisite: 10 – 12 years old & Star 4 (or an equivalent skill level).*

#### Star 6 (6 - 12 years)

Swimmers will continue to develop lifesaving and first aid skills at the Ranger and Star level of the Canadian Swim Patrol program. They will also begin to learn how to teach others to swim.

Star 6 encourages your child to take responsibility for their own learning outcomes by selecting optional skills to learn, including advanced strokes, water polo, synchronized swimming, or aquatic fitness.

*Prerequisite: 10 – 12 years old & Star 5 (or an equivalent skill level).*



## Youth Swimming Lessons

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

## SWIMMING LESSON SCHEDULE

| Level                                 | Mon.             | Tues.            | Wed.             | Thurs.           | Sat.               | Sun.             |
|---------------------------------------|------------------|------------------|------------------|------------------|--------------------|------------------|
| <b>Star 1</b><br><b>(6 - 12 yrs.)</b> | -                | 7:55 - 8:40 p.m. | -                | 7:55 - 8:40 p.m. | 11:20 - 12:05 p.m. | 1:35 - 2:20 p.m. |
| <b>Star 2</b><br><b>(6 - 12 yrs.)</b> | -                | 7:55 - 8:40 p.m. | -                | 7:55 - 8:40 p.m. | 11:15 - 12:00 p.m. | 1:35 - 2:20 p.m. |
| <b>Star 3</b><br><b>(6 - 12 yrs.)</b> | 7:55 - 8:40 p.m. | -                | -                | -                | 11:15 - 12:00 p.m. | 1:35 - 2:20 p.m. |
| <b>Star 4</b><br><b>(6 - 12 yrs.)</b> | 7:55 - 8:40 p.m. | 6:10 - 6:55 p.m. | -                | -                | -                  | -                |
| <b>Star 5</b><br><b>(6 - 12 yrs.)</b> | -                | -                | 7:20 - 8:20 p.m. | -                | -                  | -                |
| <b>Star 6</b><br><b>(6 - 12 yrs.)</b> | -                | -                | 7:20 - 8:20 p.m. | -                | -                  | -                |

### Swim Lesson Notes:

- No lessons on April 18, 19, 20 | May 17, 18, 19
- Not sure of your child's swimming level? Please email [kathleen.kowalchuk@ymcafredericton.org](mailto:kathleen.kowalchuk@ymcafredericton.org) to book an assessment.
- Progress reports are available online at SWIMGEN. Use your YMCA member ID to log on.

### Child Protection Policy for swim lessons - 6 months - 12 years:

- Children 9 years and younger must be signed in and out of Aquatics registered programs (ie swimming lessons). A parent/guardian (16+) MUST stay on deck/viewing gallery for the entire program.
- Children 10 – 11 years MUST have a parent/guardian (16+) escort them to and from pool deck for Aquatics registered programs (ie swimming lessons).
- Children 12+ years can attend Aquatics registered programs (ie swimming lessons) without a parent/guardian.



# AQUATICS REGISTERED PROGRAMS

## Certification Courses

### Aquatics Leadership Courses

#### Bronze Star (10 - 12 yrs.)

Develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. *Prerequisite: 10 - 12 years old or Star 6 (or an equivalent skill level.) 10 hours with successful learning activities for Bronze Star Certification.*

#### Bronze Cross (13+ yrs.)

Begins the transition from lifesaving to lifeguarding and prepares candidates for the responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's national Lifeguard and leadership certification programs. *\*Prerequisite: Bronze Medallion and Lifesaving Society Emergency or Workplace Standard First Aid certifications (need not be current). 20 hour course + 3 hour successful exam for Bronze Cross certification*

#### Bronze Medallion with Workplace Standard First Aid (13+ yrs.)

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Workplace Standard First Aid provides comprehensive training that covers all aspects of first aid and CPR. Workplace Standard First Aid 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.

*Prerequisite: Minimum 13 years of age or Bronze Star certification (need to be current) and intermediate stroke standard.*

*15 hour course + 3 hour successful exam for Bronze Medallion certification + 16 hour course including on-going evaluation for WSFA certification*

#### National Lifeguard - Pool (15+ yrs.)

Canada's only nationally recognized lifeguard certification program. National Lifeguard is a legal certificate for lifeguarding throughout the country. *Prerequisites: Minimum 15 years of age. Bronze Cross certification and Lifesaving Society Standard First Aid (need not be current). 40 hour course + 4 hour successful exam for NLS-Pool certification*

| Course | Day | Time | Date(s) | Additional Fee (+HST) |
|--------|-----|------|---------|-----------------------|
|--------|-----|------|---------|-----------------------|

#### Bronze Star (10 - 12 yrs.)

Tues.

7:00 - 7:45 p.m.

April 8 - June 17

\$50.00

#### Bronze Medallion with Workplace Standard First Aid (13+ yrs.)

##### **Workplace Standard First Aid**

Sat.

8:00 - 5:30 p.m.

Apr. 26

Sun.

8:00 - 5:30 p.m.

Apr. 27

\$200.00

##### **Bronze Medallion**

Fri.

6:00 - 9:45 p.m.

May 2

Sat.

8:30 - 4:30 p.m.

May 3

Sun.

10:30 - 8:00 p.m.

May 4

#### Bronze Cross (13+ yrs.)

Fri.

6:00 - 9:45 p.m.

May 30

Sat.

8:30 - 7:00 p.m.

May 31

Sun.

8:30 - 8:30 p.m.

June 1

\$175.00

#### National Lifeguard Pool (15+ yrs.)

Fri.

6:00 - 9:45 p.m.

June 13

Sat.

8:30 - 6:30 p.m.

June 14

Sun.

8:30 - 6:30 p.m.

June 15

\$250.00

Fri.

6:00 - 9:45 p.m.

June 20

Sat.

8:30 - 7:30 p.m.

June 21

Sun.

8:30 - 9:00 p.m.

June 22

# AQUATICS

# REGISTERED PROGRAMS

## Certification Courses, Lessons & Clubs

### Additional Lessons for Teens & Adults

#### Adult Beginner (16+ yrs.)

Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. *Prerequisite: 16+ years old. 45 minute lessons*

#### Teen Beginner (13 - 15 yrs.)

Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. *Prerequisite: 13 - 15 years old. 45 minute lessons*

#### Private & Semi-Private Lessons

One-on-one or semi-private swim lessons are a great way to sharpen your skill level in the water by training with friendly, qualified aquatics professionals. Participants in this program will improve their competency, build confidence and have fun! Member (\$22 + HST/lesson)/Non-member price (\$35 + HST/lesson). Please fill out this form to be eligible for private lessons. Form can be found under the toggle for Private Lessons on our web page.

### Health & Safety Courses

#### Workplace Standard First Aid

Provides comprehensive training that covers all aspects of first aid and CPR. Workplace Standard First Aid 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. *Prerequisite: Minimum 12 years of age. 16 hour course including on-going evaluation for WSFA certification*

#### Adult Int./Adv. (16+ yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 16+ years old; Swimmer+ (or an equivalent skill level). 45 minute lessons*

#### Teen Int./Adv (13 - 15 yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 13 - 15 years old; Swimmer+ (or an equivalent skill level). 45 minute lessons*

#### Youth On Deck Swimming Lessons

This program is designed to take teens, ages 12-18, who do not feel comfortable in the water and give them the foundation they need to fully take advantage of dips in summer lakes, pool parties and the rewarding worlds of lifeguarding or competitive swimming..

#### YMCA IGNITE SWIM TEAM

A competitive swim team to develop friendships and personal character strengths through training and competing in the 4 standard swim strokes.



**IGNITE**

##### Ignite (7 - 10 yrs.)

Fee: \$240.00

Meet: Tues. Thurs. Fri. | 4:00 - 5:30 & Sat. 8:30 - 10:00 a.m.

##### Ignite (10 - 12 yrs.)

Fee: \$320.00

Meet: Tues. Wed. Thurs. Fri. | 4:00 - 5:30 & Sat. 8:30 - 10:00 a.m.

#### Babysitter Training Course (12 - 15 yrs.)

The Babysitters Training Course is one of Canada Safety Council's longest running programs. The course is an ideal community project, which can help prevent injuries and promote the responsible management of common situations that may arise while children are under the care of babysitters. *Prerequisite: 12 - 15 years old. 10 hour course + 75% written exam for Babysitters Training Course certification*

| Course | Day | Time | Date(s) | Additional Fee (+HST) |
|--------|-----|------|---------|-----------------------|
|--------|-----|------|---------|-----------------------|

|   |      |                  |        |          |
|---|------|------------------|--------|----------|
| <b><u>Workplace Standard First Aid (12+ yrs.)</u></b> | Sat. | 8:00 - 5:30 p.m. | May 24 |          |
|   | Sun. | 8:00 - 5:30 p.m. | May 25 | \$125.00 |

|   |         |                  |         |         |
|---|---------|------------------|---------|---------|
| <b><u>Babysitter Training Course (12 - 16 yrs.)</u></b> | Sat.    | 8:30 - 6:30 p.m. | Apr. 12 | \$55.00 |
|   | or Sat. | 8:30 - 6:30 p.m. | May 10  | \$55.00 |



# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

**Session runs from Week of April 7 - Week of June 16**

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

### Ballet (4 - 5 yrs.)

Our ballet classes for children aged 4-5 focus on introducing basic ballet positions and simple classical movements in a fun and playful way. The emphasis is on developing coordination and balance through engaging activities that make learning enjoyable for your little ones.

### Learn to Play Soccer (4 - 5 yrs.)

This program will instruct participants on learning to play soccer through a combination of skill-building drills and engaging game play, fostering an understanding of the fundamental techniques and strategies of the sport.

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

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

### Gym Tots (9 mo. - 5 yrs.)

Indoor physical activity structure that will keep your child smiling and active. This is a parent-led drop-in program and does not require registration.

### Learn to Play Racquet Sports (4 - 5 yrs.)

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

### Learn to Play Multisport (4 - 5 yrs.)

This program aims to familiarize participants with a variety of sports, offering an introduction to different disciplines, including, dodge ball, indoor golf, disc golf, ball hockey, badminton, pickle ball, tennis, soccer, basketball, and volleyball. Through a blend of practice drills and game scenarios, youth will gain fundamental skills and knowledge across multiple sports.

### Run, Jump, Throw, Play (3 - 5 yrs.)

Children will play a variety of gym games and drills designed to help them develop fundamental movement skills and physical literacy. It will give children the confidence and skill to participate in a wide variety of sport!

### Play & Swim (6 mo. - 2yrs. ) & (3 - 5 yrs.) (Parent - Child)

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

## Early Years Gymnastics

All Gymnastics programs take place at the Nashwaaksis Fieldhouse located 324 Fulton Avenue. The Nashwaaksis Fieldhouse requires an annual fee of **\$10** for gymnastics participants. This fee helps support facility maintenance and program offerings. Payment is required upon registration and must be renewed each year to maintain access.

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

Parent-led, instructor-assisted exploration of movement in areas such as rolling, tumbling and balancing. This program serves as 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. *Fee of \$55.00.*



# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

Session runs from Week of April 7 - Week of June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

## PROGRAM SCHEDULE

| <i>Program</i>  | <i>Day</i>                     | <i>Time</i>  | <i>Additional Fee</i>         |
|---|--------------------------------|--|-------------------------------|
| <b><u>Ballet (4 - 5 yrs.)</u></b>                                       | Monday<br>Saturday             | 6:00 - 6:45 p.m.<br>9:00 - 9:45 a.m.                       | -<br>-                        |
| <b>Gym Tots<br/>(9 mo. - 5 yrs.)</b>                                    | Mornings                       | 10:45 - 11:45 a.m.   | Drop-In program               |
| <b><u>*Kindernastics<br/>(4 - 5 yrs.)</u></b>                           | Tuesday<br>Wednesday<br>Sunday | 5:00 - 5:45 p.m.<br>5:00 - 5:45 p.m.<br>10:45 - 11:30 a.m. | \$55.00<br>\$55.00<br>\$55.00 |
| <b><u>Learn to Play Multisport<br/>(4 - 5 yrs.)</u></b>                 | Monday<br>Saturday             | 5:00 - 5:45 p.m.<br>12:45 - 1:30 p.m.                      | -<br>-                        |
| <b><u>Learn to Play Soccer<br/>(4 - 5 yrs.)</u></b>                     | Saturday                       | 11:45 - 12:30 p.m.   | -                             |
| <b><u>Movin' &amp; Groovin'<br/>(4 - 5 yrs.)</u></b>                    | Wednesday<br>Sunday            | 6:00 - 6:45 p.m.<br>1:30 - 2:15 p.m.                       | -<br>-                        |
| <b><u>Play &amp; Swim<br/>(6 mo. - 2 yrs.)<br/>(Parent - Child)</u></b> | Saturday<br>Sunday             | 10:45 - 11:45 p.m.<br>1:00 - 2:00 p.m.                     | -                             |
| <b><u>Play &amp; Swim<br/>(3 - 5 yrs.)<br/>(Parent - Child)</u></b>     | Saturday<br>Sunday             | 11:15 - 12:15 p.m.<br>1:30 - 2:30 p.m.                     | -                             |
| <b><u>Run, Jump,<br/>Throw, Play<br/>(3 - 5 yrs.)</u></b>               | Monday<br>Saturday             | 5:45 - 6:30 p.m.<br>10:45 - 11:30 a.m.                     | -                             |
| <b><u>*Totnastics<br/>(2 - 3 yrs.)<br/>(Parent - Child)</u></b>         | Sunday                         | 10:05 - 10:35 a.m.   | \$10.00                       |

\* Location will be Nashwaaksis Fieldhouse at 324 Fulton Ave.

# **YOUTH PROGRAMS** **(6 - 18 years)**

## **REGISTERED PROGRAMS**

### **Session runs from Week of April 7 - Week of June 16**

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise. NOTE: There are two additional fees for basketball. There is a \$55 operational cost and a \$75 fee to cover the cost of a new basketball and a jersey for new players. Returning players are not required to pay this fee if they already have the jersey and basketball.

## **Ball Sports**

### **Basketball (6 - 9 yrs.)**

Join us for a program designed to advance basketball skills among children aged 6-9. We emphasize understanding rules, refining fundamental skills, and fostering effective teamwork through structured training sessions. Our approach aligns with the principles of Long-Term Athlete Development (LTAD), ensuring a comprehensive and scientifically grounded experience. The class meets 2x/week.

### **Basketball Developmental Team (10 - 16 yrs.)**

Experience a rigorous basketball training program designed for teens aged 10+. Our program features a developmental team, handpicked by our coaches, with the goal of competing against other teams in Fredericton. The curriculum focuses on advanced rule comprehension, skill enhancement at competitive levels, and the cultivation of strategic teamwork. Guided by the principles of Long-Term Athlete Development (LTAD), we strive to promote holistic growth, build a competitive mindset, and inspire a lifelong passion for the game. *Class meets 2x/week*

### **Basektball Scrimmage (6 - 9 yrs.)**

Join us for a weekly scrimmage program designed to develop basketball skills in children aged 6-9. Through structured training sessions, we focus on teaching rules, refining fundamental skills, and fostering effective teamwork. Each session concludes with a scrimmage, giving athletes the chance to apply the drills they've learned in a real-game setting. A \$5 drop-in fee per game provides flexibility and additional opportunities for practice. Our program follows the principles of Long-Term Athlete Development (LTAD), offering a comprehensive and scientifically grounded experience for young athletes. There is a \$5.00 drop in fee for this program.

### **Basketball (10 - 16 yrs.)**

Our program provides intensive basketball training tailored for youth aged 10-12. Participants focus on mastering rules, refining advanced skills, and enhancing teamwork dynamics through structured practices and game simulations. Embracing the principles of Long-Term Athlete Development (LTAD), we strive to nurture both athletic prowess and enjoyment of the sport. The class meets 2x/week.

### **Basektball Scrimmage (10 - 16 yrs.)**

Join us for a weekly scrimmage program designed to develop basketball skills in athletes aged 10 and above. Through structured training sessions, we focus on teaching rules, refining fundamental skills, and fostering effective teamwork. Each session concludes with a scrimmage, giving athletes the chance to apply the drills they've learned in a real-game setting. A \$5 drop-in fee per game provides flexibility and additional opportunities for practice. Our program follows the principles of Long-Term Athlete Development (LTAD), offering a comprehensive and scientifically grounded experience for young athletes. There is a \$5.00 drop in fee for this program.

## **Volleyball**

### **Volleyball (6 - 9 yrs.)**

Our program focuses on introducing fundamental volleyball skills to children aged 6-9 in a fun and relaxed atmosphere. Through engaging skills and drills, your child will learn the basics of volleyball while enjoying a positive learning experience.

### **Volleyball (10 - 12 yrs.)**

In our program tailored for children aged 10-12, we emphasize learning fundamental volleyball skills through engaging drills and activities in a fun and relaxed environment. Your child will have the opportunity to develop their volleyball skills while enjoying a positive and supportive atmosphere.

### **Volleyball (13 - 16 yrs.)**

Our program for participants aged 13-16 focuses on refining fundamental volleyball skills through structured drills and activities in a fun and relaxed environment. Your child will have the opportunity to further develop their volleyball abilities while enjoying a positive and supportive atmosphere.



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

**Session runs from Week of April 7 - Week of June 16**

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise. NOTE: There are two additional fees for basketball. There is a \$55 operational cost and a \$75 fee to cover the cost of a new basketball and a jersey for new players. Returning players are not required to pay this fee if they already have the jersey and basketball.

## BALL SPORTS PROGRAM SCHEDULE

| <i>Program</i>  | <i>Day</i>  | <i>Time</i>  | <i>Location</i>   | <i>*Additional Fee<br/>(no HST)</i> |
|---|---|--|---|-------------------------------------|
| <b><u>Basketball</u></b><br><b><u>(6 - 9 yrs.)</u></b><br><i>Class meets 2x/week.<br/>Please register<br/>for any 2 days.</i>   | Monday<br>Wednesday<br>Friday<br>Saturday<br>Saturday<br>Saturday | 5:30 - 6:30 p.m.<br>5:30 - 6:30 p.m.<br>6:15 - 7:15 p.m.<br>9:00 - 10:00 a.m.<br>11:20- 12:20 p.m.<br>2:00 - 3:00 p.m. | Priestman Street School<br>Liverpool Street School<br>YMCA Gymnasium<br>Priestman Street School<br>Priestman Street School<br>Priestman Street School | \$75.00/\$55.00                     |
| <b><u>Basketball</u></b><br><b><u>(10 - 16 yrs.)</u></b><br><i>Class meets 2x/week.<br/>Please register<br/>for any 2 days.</i> | Monday<br>Friday<br>Saturday<br>Saturday                          | 6:30 - 7:30 p.m.<br>7:15 - 8:15 p.m.<br>1:00 - 2:00 p.m.<br>3:10 - 4:10 p.m.   | Priestman Street School<br>YMCA Gymnasium<br>Priestman Street School<br>Priestman Street School   | \$75.00/\$55.00                     |
| <b><u>Basketball</u></b><br><b><u>Developmental</u></b><br><b><u>Team (10 - 16 yrs.)</u></b>                                    | Wednesday &<br>Sunday   | 6:30 - 7:30 p.m.<br>2:45 - 3:45 p.m.   | Liverpool Street School<br>YMCA Gymnasium   | \$75.00/\$55.00                     |
| <b>Basketball</b><br><b>Scrimmage</b><br><b>(6 - 9 yrs.)</b>  | Saturday  | 10:10 - 11:10 a.m.   | Priestman Street School   | \$5 drop-in fee for members         |
| <b>Basketball</b><br><b>Scrimmage</b><br><b>(10 - 16 yrs.)</b>  | Sunday  | 3:45 - 4:45 p.m.   | YMCA Gymnasium  | \$5 drop-in fee for members         |
| <b><u>Volleyball</u></b><br><b><u>(6 - 9 yrs.)</u></b>  | Saturday  | 4:45 - 5:30 p.m.   | YMCA Gymnasium<br>570 York Street   | -                                   |
| <b><u>Volleyball</u></b><br><b><u>(10 - 12 yrs.)</u></b>  | Saturday  | 5:30 - 6:30 p.m.   | YMCA Gymnasium<br>570 York Street   | -                                   |
| <b><u>Volleyball</u></b><br><b><u>(13 - 16 yrs.)</u></b>  | Saturday  | 6:30 - 7:30 p.m.   | YMCA Gymnasium<br>570 York Street   | -                                   |

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 7 - Week of June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

## Dance

### Ballet (4 - 5 yrs.)

Our ballet classes for children aged 4-5 focus on introducing basic ballet positions and simple classical movements in a fun and playful way. The emphasis is on developing coordination and balance through engaging activities that make learning enjoyable for your little ones.

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

A fun-filled, creative movement dance class where young children learn to move to the beat while having a ton of fun! The focus is on playful activities that help develop rhythm, coordination, and a love for dance.

### Ballet (6+ yrs.)

Our ballet classes for children aged 6-9 teach basic ballet positions, classical movements, and introductory barre work. We emphasize developing strength, flexibility, and grace, helping your child build a strong foundation in ballet while having fun and staying active.

### Movin' & Groovin' (6+ yrs.)

An engaging dance class where children learn to move creatively to the beat while having lots of fun! The focus is on developing rhythm, coordination, and foundational dance skills through exciting activities and routines.

## DANCE PROGRAM SCHEDULE

| <i>Program</i>                                   | <i>Day</i>                      | <i>Time</i>  | <i>Additional Fees (No HST)</i> |
|--|---------------------------------|--|---------------------------------|
| <u><b>Ballet (4 - 5 yrs.)</b></u>                | Monday<br>Saturday              | 6:00 - 6:45 p.m.<br>9:00 - 9:45 a.m.                       | -                               |
| <u><b>Ballet (6+ yrs.)</b></u>                   | Monday<br>Thursday<br>Saturday  | 6:45 - 7:45 p.m.<br>7:00 - 8:00 p.m.<br>10:00 - 11:00 a.m. | -                               |
| <u><b>Movin' &amp; Groovin' (4 - 5 yrs.)</b></u> | Wednesday<br>Sunday             | 6:00 - 6:45 p.m.<br>1:30 - 2:15 p.m.                       | -                               |
| <u><b>Movin' &amp; Groovin' (6+ yrs.)</b></u>    | Wednesday<br>Thursday<br>Sunday | 6:45 - 7:45 p.m.<br>6:00 - 7:00 p.m.<br>2:30 - 3:30 p.m.   | -                               |



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 7 - Week of June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise. To view tottnastics & kindernastics, [please visit our Early Years page.](#)

## Gymnastics

All Gymnastics programs take place at the Nashwaaksis Fieldhouse located 324 Fulton Avenue. The Nashwaaksis Fieldhouse requires an annual fee of **\$10** for gymnastics participants. This fee helps support facility maintenance and program offerings. Payment is required upon registration and must be renewed each year to maintain access.

### **Beginner (6+ yrs.)**

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 (6+ yrs.)**

Youth will train for 1.5 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 (6+ yrs.)**

In this program, youth will have the opportunity to train more throughout the week while enjoying our fun recreational setting, with three 90-minute sessions per week. Gymnasts will continue to work on a variety of skills across all events. Progress reports will be provided at the end of each term, and badges will be awarded upon the completion of each level. They can be enrolled in two or three sessions.

### **Private Lessons**

All current gymnastics participants are eligible to book one-on-one lessons [online](#). Single sessions are \$20.00 per lesson. Bulk purchasing of 10 or more sessions will receive a 5% discount.

## GYMNASTICS PROGRAM SCHEDULE

| <i>Program</i>  | <i>Day</i>                     | <i>Time</i>  | <i>Location</i>                           | <i>Additional Fees</i>                                   |
|---|--------------------------------|--|---|--|
| <b><u>Beginner</u></b>  | Tuesday<br>Wednesday<br>Sunday | 5:00 - 6:00 p.m.<br>5:00 - 6:00 p.m.<br>11:40 - 12:40 p.m. | Nashwaaksis Fieldhouse<br>324 Fulton Ave. | \$87.50 /<br>\$10.00                                     |
| <b><u>Intermediate</u></b>  | Tuesday<br>Wednesday<br>Sunday | 6:00 - 7:30 p.m.<br>6:00 - 7:30 p.m.<br>1:30 - 3:00 p.m.   | Nashwaaksis Fieldhouse<br>324 Fulton Ave. | \$140.00/<br>\$10.00                                     |
| <b><u>Advanced</u></b><br><i>Choose 2 or 3<br/>Sessions / week.</i> | Tuesday<br>Wednesday<br>Sunday | 6:00 - 7:30 p.m.<br>6:00 - 7:30 p.m.<br>1:30 - 3:00 p.m.   | Nashwaaksis Fieldhouse<br>324 Fulton Ave. | 2x/week = \$250.00<br>3X/week = \$375.00<br>+<br>\$10.00 |



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 7 - Week of June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

## Martial Arts

### **Aikido - Beg./Int./Adv. (7+ yrs.)**

Aikido is a Japanese martial art that focuses on harmony and non-aggressive techniques. Translated as "the way of harmony with the spirit," Aikido emphasizes blending with an opponent's movements rather than meeting force with force. It is an ideal discipline for young individuals as it promotes physical fitness, mental focus, and the development of a strong sense of discipline and respect. Aikido techniques involve redirection of an opponent's energy, joint locks, and throws, fostering a spirit of cooperation and mutual understanding. This martial art not only provides effective self-defense skills but also cultivates a peaceful mindset, making it a valuable addition to our youth program.

### **Karate - Intro (6+ yrs.)**

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

*\* Please note an additional program fee is required to offset costs associated with this program.*

*\* All karate classes require a uniform (\$48 – available for order from head instructor)*

### **Karate - Beg./Int./Adv. (7+ yrs.)**

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

*Prereq: Intro to Karate (yellow belt) and approval from head instructor.*

*\* Please note an additional program fee is required to offset costs associated with this program.*

*\*\* All karate classes require a Gi (\$48-\$55 – available for order from head instructor)*

### **Karate for Teens & Adults (13+ yrs.)**

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

*Prereq: Intro to Karate (yellow belt).*

*\* Please note an additional program fee is required to offset costs associated with this program.*

*\* All karate classes require a uniform (\$55 – available for order from head instructor)*

### **Muay Thai Beg. (7 - 13 yrs.)**

This program focuses on introducing the art of Muay Thai to participants aged 7-13, guiding them through various techniques, training exercises, and simulated combat scenarios. Participants will develop foundational skills and an understanding of Muay Thai's principles through structured drills and practical applications.

### **Muay Thai Int. (7 - 13 yrs.)**

This program focuses on introducing the art of Muay Thai to participants aged 7-13, guiding them through various techniques, training exercises, and simulated combat scenarios. Participants will develop foundational skills and an understanding of Muay Thai's principles through structured drills and practical applications.

### **Muay Thai for Youth/Intermediate 7+ yrs.**

This program is designed for participants aged 13 onwards and focuses on introducing them to the art of Muay Thai. They will learn various techniques, participate in training exercises, and engage in simulated combat scenarios. Through structured drills and practical applications, participants will develop foundational skills and an understanding of Muay Thai principles.



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

**Session runs from Week of April 7 - Week of June 16**

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

### MARTIAL ARTS PROGRAM SCHEDULE

| <i>Program</i>                                      | <i>Day</i>                                   | <i>Time</i>  | <i>Additional Fee (no HST)</i> |
|---|--|--|--------------------------------|
| <b>Aikido Beg./ Int./Adv.<br/>(7+ yrs.)</b>         | Monday &<br>Wednesday &<br>Saturday          | 7:30 - 9:00 p.m.<br>7:00 - 8:30 p.m.<br>8:00 - 9:30 a.m.                       | -                              |
| <b>Karate - Intro (6+ yrs.)</b>                     | Sunday                                       | 10:00 - 11:00 a.m.   | \$30.00                        |
| <b>Karate Beg./int./Adv.<br/>(7+ yrs.)</b>          | Monday &<br>Wednesday                        | 6:30 - 7:30 p.m.<br>6:30 - 7:30 p.m.   | \$50.00                        |
| <b>Karate for Teens &amp;<br/>Adults (13+ yrs.)</b> | Monday &<br>Wednesday                        | 7:45 - 8:45 p.m.<br>7:45 - 8:45 p.m.   | \$50.00                        |
| <b>Muay Thai Beg. (7+ yrs.)</b>                     | Monday &<br>Thursday &<br>Friday &<br>Sunday | 6:00 - 7:00 p.m.<br>6:00 - 7:00 p.m.<br>6:00 - 7:00 p.m.<br>10:30 - 11:30 a.m. | -                              |
| <b>Muay Thai for<br/>Youth/Intermediate 7+ yrs.</b> | Thursday &<br>Friday &<br>Sunday             | 7:00 - 8:30 p.m.<br>7:00 - 8:30 p.m.<br>11:30 - 1:00 p.m.                      | -                              |



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 7 - Week of June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

## Racquet Sports

### **Badminton (6 - 9 yrs.)**

Introduce physical fitness activities and the fundamental rules of the game, focusing on fun singles and doubles matches. Begin developing basic badminton skills such as grip, ready position, footwork, serving techniques (high and low), drop shots, smashes, and learning about singles and doubles strategies and shuttle placement in a supportive and engaging environment.

### **Badminton (10 - 12 yrs.)**

Learn about physical fitness, the rules of the game, and enjoy playing singles and doubles matches. Develop basic and technical skills such as grip, ready position, footwork, high and low serves, drop shots, smashes, and shuttle placement. Begin to understand and apply simple singles and doubles strategies.

### **Badminton (13 - 16 yrs.)**

Focus on physical fitness, understanding the rules of the game, and playing both singles and doubles matches. Develop advanced technical skills, including grip, ready position, footwork, high and low serves, drop shots, smashes, and strategic shuttle placement. Enhance singles and doubles strategies to improve overall game performance.

### **Squash (8+ yrs.)**

Come develop your squash skills in this fun but fast-paced sport! The youth squash program is a structured and organized initiative aimed at introducing young individuals to the sport of squash and helping them develop their skills and passion for the game. In the spring term, individuals that wish to register for this program will book an assessment time with the instructor and he will determine the participant's level. [Follow the registration link here.](#) Or contact the manager of youth programs at [michael.on@ymcafredericton.org](mailto:michael.on@ymcafredericton.org).

## Fall Racquet Sports Schedule

| <i>Program</i>                  | <i>Day</i> | <i>Time</i>      | <i>Location</i> |
|---------------------------------|------------|------------------|-----------------|
| <b>Badminton (6 - 9 yrs.)</b>   | Sunday     | 5:00 - 5:45 p.m. | YMCA Gymnasium  |
| <b>Badminton (10 - 12 yrs.)</b> | Sunday     | 6:00 - 7:00 p.m. | YMCA Gymnasium  |
| <b>Badminton (13 - 16yrs.)</b>  | Sunday     | 7:00 - 8:00 p.m. | YMCA Gymnasium  |





# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 7 - June 16

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply. Classes take place at 570 York Street unless stated otherwise.

## Various Sports

### **Intro to Ball Hockey(6+ yrs.)**

This youth ball hockey program serves as an introduction to the sport, teaching participants the basics of ball hockey. The game is played on solid surfaces such as gym floors or outdoor rinks, using a ball instead of a puck. The program focuses on promoting physical fitness, teamwork, sportsmanship, and a love for the game among children aged 6+.

### **Ball Hockey Developmental Group (10+)**

This youth ball hockey program is designed for players with some experience in the sport, providing an opportunity to refine their skills and deepen their understanding of the game. Played on solid surfaces such as gym floors or outdoor rinks, using a ball instead of a puck, the program emphasizes skill development, teamwork, sportsmanship, and a continued passion for the game among children aged 10+.

### **Fencing - Youth I (8 - 11 yrs.)**

This introductory fencing program is tailored for younger participants aged 8-11, where they will learn the fundamentals of the sport using full steel and protective gear. No prior experience is required, and all equipment is provided, along with a membership to the provincial sports organization (FENB). Both programs are hosted off-site at the Capital Y Fencing Club, **located at 512 George Street.**

### **Fencing - Youth II (11 - 14 yrs.)**

This introductory fencing program is tailored for participants aged 13-16, where they will learn the fundamentals of the sport using full steel and protective gear. No prior experience is required, and all equipment is provided, along with a membership to the provincial sports organization (FENB). Both programs are hosted off-site at the Capital Y Fencing Club, **located at 512 George Street.**

### **Indoor Golf - First Tee Program (6 - 9 yrs.)**

This program offers young golfers an immersive introduction to the sport, teaching them essential techniques, rules, and basic strategies. Through fun practice drills and on-course play, children will develop their golf skills and understanding of the sport's fundamentals, fostering a love for the game.

### **Indoor Golf - First Tee Program (10+ yrs.)**

This program provides junior golfers with an immersive experience in the sport, focusing on refining techniques, understanding rules, and mastering strategies. Through a combination of advanced practice drills and extensive on-course play, participants will enhance their golf skills and deepen their knowledge of the game, preparing them for competitive play.

### **Jr. Strength Program - Youth (8 - 11 yrs.)**

Join our class designed for children aged 8-11 who want to improve their fitness levels while learning to exercise independently in an enjoyable and effective way. Led by our certified personal trainer, this class offers a comprehensive routine focusing on building muscular strength, cardio endurance, hand-eye coordination, and flexibility. Ideal for young athletes looking to grow and develop their skills.

### **Jr. Strength Program - Youth II (12 - 15 yrs.)**

A class designed for kids aged 12-15 looking to increase their fitness level while teaching them to work out independently in a fun and effective manner. Our certified personal trainer will teach a well-rounded routine that will focus on increasing muscular strength, cardio, hand/eye coordination and flexibility. Great for growing athletes

### **Multisport (6 - 9 yrs.)**

This program aims to familiarize participants aged 6-9 with a variety of sports, offering an introduction to different disciplines including golf, disc golf, ball hockey, soccer, basketball, and volleyball. Through a blend of practice drills and game scenarios, youths will gain fundamental skills and knowledge across multiple sports.

### **Multisport (10 - 13 yrs.)**

This program is designed for participants aged 10-13 to introduce them to a variety of sports. The disciplines covered include golf, disc golf, ball hockey, soccer, basketball, and volleyball. Through a combination of practice drills and game scenarios, youths will develop fundamental skills and knowledge in multiple sports.

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

**Session runs from Week of April 7 - June 16**

Subject to availability, children can register for 3 programs, per term. This can include ONE swimming lesson program per term. Add additional programs for \$50 each per term. In some circumstances, applicable program fees may apply.

### VARIOUS SPORTS PROGRAM SCHEDULE

| <i>Program</i>  | <i>Day</i> | <i>Time</i>        | <i>Location</i>                   | <i>Additional Fee<br/>(no HST)</i> |
|---|------------|--------------------|-----------------------------------|------------------------------------|
| <b>Intro to Ball Hockey (6+ yrs.)</b>                 | Tuesday    | 6:30 - 7:30 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Ball Hockey Developmental Group (10+ yrs.)</b>     | Tuesday    | 7:30 - 8:30 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Fencing - Youth I (8 - 11 yrs.)</b>                | Wednesday  | 6:00 - 7:00 p.m.   | 512 George Street                 | \$30.00                            |
| <b>Fencing - Youth II (11 - 14)</b>                   | Thursday   | 6:00 - 7:00 p.m.   | 512 George Street                 | \$30.00                            |
| <b>Indoor Golf (6 - 9 yrs.)</b>                       | Saturday   | 2:45 - 3:30 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Indoor Golf (10+ yrs.)</b>                         | Saturday   | 3:30 - 4:30 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Jr. Strength &amp; Conditioning (8 - 11 yrs.)</b>  | Sunday     | 11:15 - 12:15 p.m. | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Jr. Strength &amp; Conditioning (12 - 15 yrs.)</b> | Sunday     | 12:30 - 1:30 p.m.  | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Multisport (6 - 9 yrs.)</b>                        | Sunday     | 1:45 - 2:45 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |
| <b>Multisport (10 - 13 yrs.)</b>                      | Friday     | 5:15 - 6:15 p.m.   | YMCA Gymnasium<br>570 York Street | -                                  |



# Teens, Adults & Seniors

## REGISTERED PROGRAMS

### Aquatics Lessons

# REGISTERED PROGRAMS

#### Adult Beginner (16+ yrs.)

Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. *Prerequisite: 16+ years old. 45 minute lessons.*

#### Adult Int./Adv. (16+ yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 16+ years old; Swimmer+ (or an equivalent skill level). 45 minute lessons.*

#### Teen Beginner (13 - 15 yrs.)

Designed to establish comfort and confidence in the water. Participants will begin with the basic principles of movement and safety in and around the water. Basic water skills including submersion, floating, gliding and kicking will be introduced. Instructors will also present techniques for the beginner stroke standards. *Prerequisite: 13 – 16 years old. 45 minute lessons.*

#### Teen Int./Adv (13 - 15yrs.)

Designed to improve your swimming strokes and build on your skills. *Prerequisite: 13 – 16 years old; Swimmer+ (or an equivalent skill level). 45 minute lessons.*

| Course                               | Day    | Time             | Date(s)           | Additional Fee (+HST)               |
|--------------------------------------|--------|------------------|-------------------|-------------------------------------|
| <u>Adult Beginner (16+ yrs.)</u>     | Tues.  | 7:00 - 7:45 p.m. | Apr. 8 - June 17  | \$50 / Member<br>\$120 / Non-Member |
| <u>Adult Int. /Adv. (16+ yrs.)</u>   | Thurs. | 7:20 - 8:05 p.m. | Apr. 10 - June 19 | \$50 / Member<br>\$120 / Non-Member |
| <u>Teen Beginner (13 - 15 yrs.)</u>  | Tues.  | 6:10 - 6:55 p.m. | Apr. 8 - June 17  | \$50 / Member<br>\$120 / Non-Member |
| <u>Teen Int./Adv. (13 - 15 yrs.)</u> | Wed.   | 7:20 - 8:05 p.m. | Apr. 9 - June 18  | \$50 / Member<br>\$120 / Non-Member |

## Martial Arts

#### Aikido (Youth, Teens & Adults)

Aikido is a Japanese martial art that focuses on harmony and non-aggressive techniques. Translated as "the way of harmony with the spirit," Aikido emphasizes blending with an opponent's movements rather than meeting force with force.

#### Karate for Teens & Adults

Learn about traditional Shotokan while improving your concentration, discipline, respect, control, physical fitness, self-esteem and confidence. *Prereq: Intro to Karate (yellow belt)\* All karate classes require a uniform (\$55 – available for order from head instructor)*

#### Muay Thai for Youth/Intermediate

Through structured drills and practical applications, participants will develop foundational skills and an understanding of Muay Thai principles.

| Course  | Day                   | Time  | Date(s)          | Additional Fee (+HST) |
|---|-----------------------|---|------------------|-----------------------|
| <u>Aikido (Youth/Teens/Adults)</u>            | Mon.<br>Wed.<br>Sat.  | 7:30 - 9:00p.m.<br>7:00 - 8:30 p.m.<br>8:00 - 9:30 a.m.   | Jan. 6 - Mar. 29 | -                     |
| <u>Karate (13+ yrs.) (Teens &amp; Adults)</u> | Mon.<br>Wed.          | 7:45 - 8:45 p.m.<br>7:45 - 8:45 p.m.                      | Jan.6 - Mar. 26  | \$50.00               |
| <u>Muay Thai for Youth/Intermediate</u>       | Thurs.<br>Fri<br>Sun. | 7:00 - 8:30 p.m.<br>7:00 - 8:30 p.m.<br>11:30 - 1:00 p.m. | Jan. 6 - Mar. 30 | -                     |





Shine On

Apply to become a YMCA Summer Day Camp

# Junior Leader



Are you a YMCA member between the ages of 13 & 17 years old and looking for a fun volunteer experience this summer? Apply to become a Jr. Leader at our YMCA of Fredericton Summer Day Camp!

The Jr. Leader program gives teens hands-on leadership experience and team work skills, helping them build confidence while making a positive impact on their community. As a Jr. Leader, you will participate in gym and outdoor activities, engage in all camp events, and assist Camp Counsellors in leading children through their daily schedule. Be ready for all kinds of weather, potentially messy activities, and loads of fun—all while developing leadership skills!

Contact our Youth Program Manager for details: [michael.on@ymcafredericton.org](mailto:michael.on@ymcafredericton.org)