



Shine On



# FALL 2025

**Online**

Registration Opens

**Friday, August 29**

7:00 a.m.

Updated August 29

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# Membership Information

Enjoy all the inclusive benefits of a Y Membership 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

## Membership Rates

### Membership

### Bi-Weekly (+HST)

#### Individual Membership

0 - 14 yrs.	\$25.03 (no HST)
15 - 18 yrs.	\$25.03
19+ yrs.	\$31.47

#### Family Memberships

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

Joiner Fee of \$25.00 (+HST) may apply



#### Membership Services

Towel Service	\$7.00 + tax
Basket Rental	\$ 3.00 + tax

#### Membership Discounts

Senior (60+)	\$5.00
Student (19+) with I.D.	\$5.00

## Contact Us & Hours of 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)

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.

### Fredericton North YMCA

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

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

#### 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. 0 or email: [membershipassistance@ymcafredericton.org](mailto:membershipassistance@ymcafredericton.org)

#### 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

HELPFUL TIP: Ensure that your membership (or child's) is active by checking ahead of time. A YMCA membership MUST be active to register.



# Important Dates



## FALL 2025

Online registration will open at 7:00 a.m.  
on Friday, August 29

Term runs from the  
WEEK OF SEPTEMBER 8 - WEEK OF NOVEMBER 24



### NO REGISTERED PROGRAMS ON THE FOLLOWING DATES

#### Mark your calendar:

Last Day of Fall Term  
Sunday, November 30

Registration for Winter Term  
Friday, December 12



#### National Day for Truth and Reconciliation

Tuesday, September 30  
570 York Street | 8:00 a.m. - 4:00 p.m.  
605 Cliffe Street | CLOSED

#### Thanksgiving Weekend

Saturday, October 11 & Sunday, October 12  
570 York Street | 7:00 a.m. - 8:00 p.m.  
605 Cliffe Street | 8:00 a.m. - 6:00 p.m.

#### Thanksgiving Day

Monday, October 13  
570 York Street | 8:00 a.m. - 4:00 p.m.  
605 Cliffe Street | CLOSED

#### Cycle for Kids

Saturday, October 25  
There will be no fitness classes or Youth Programs  
between 7:00 a.m. - 4:00 p.m.

#### Remembrance Day

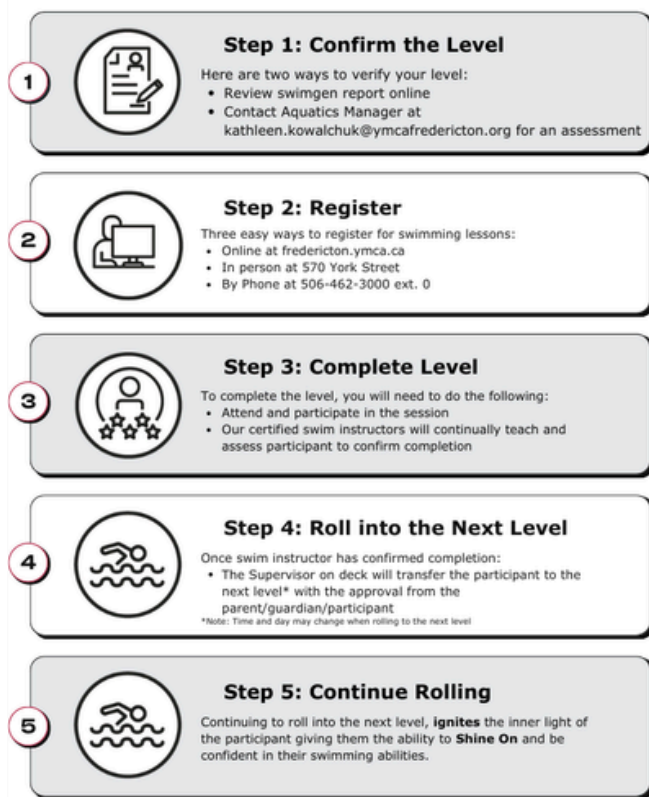
Tuesday, November 11  
570 York Street | 12:00 p.m. - 8:00 p.m.  
605 Cliffe Street | CLOSED



## Rolling Registration

**Lessons will begin the week of September 8**

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 your child is resuming lessons after the break, your child will be in the same level as the previous class.



Have you taken swimming lessons elsewhere?  
Please refer to our

**SWIM LESSON  
CONVERSION CHART**

[HERE](#)

[Check your  
progress on  
SWIMGEN](#)

## Waitlist best practices

If the swim lesson level you are looking for is full, you are able to add your child to our swim lesson waitlist! The waitlist will be cleared out and refreshed yearly prior to the start of Fall programming, so we can ensure it remains accurate and up-to-date.

When a swim lesson class becomes available and your child is next on the waitlist, one of the Aquatics team members will contact you by phone. Please ensure your phone number is accurate and up-to-date on your account. If you are unavailable, a message will be left with a request to call us back as soon as possible to confirm if you would like to enroll your child in the class or not.

Please note that after a 3rd attempt of reaching you unsuccessfully, your child will be removed from the waitlist with an email notification. You can re-enroll them to the waitlist should you like. Additionally, we ask for some flexibility in choosing your classes. Should you refuse separately offered class times, after the 3rd attempt, we will remove your child from the waitlist.

If at any point you no longer wish to be waitlisted, please contact the Aquatics Manager to have your information removed!

### YMCA Preschool Swimming Lessons

#### Swimming lessons will be the week of September 8

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)**

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as splashing with arms and legs and pool area orientation.

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

Caregiver assists child to develop comfort in the water and promotes water fun through songs and games. Instruction covers skills such as holding on to the wall, kicking their legs, assisted front/back floats, and practicing safe swimming.

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

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

Child gains comfort in the water without a caregiver. Instruction covers skills such as entering and exiting the pool, blowing bubbles, progression for submersion, assisted front and back floats, glides, and safety.

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

Child learns pool rules and is comfortable entering and exiting the pool on their own. Instruction covers skills such as swimming 10m, wearing a personal flotation device (PFD), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs.

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

Child is comfortable beginning the transition from shallow to deep water (water is over the child's head when touching the bottom) with assistance. Instruction covers skills such as deep water activities and assisted front and back floats in deep water, swims of 5m in shallow water.

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

Child is getting comfortable in deep water. Instruction covers skills such as side-to-side rolls, work on arm action, and increasing front and back swim distances to 10m.

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

Child explores diving, surface support, creative pool entries and extends swim distances to 15m. Instruction covers skills such as retrieving object from deep water, front and back swim to 15m.

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

*Child further refines front and back swim to 25m and continues deep water activities. Instruction covers skills such as front and back crawl, standing dive, and surface support for 45 seconds.*



# AQUATICS

## REGISTERED PROGRAMS

### YMCA Preschool Swimming Lessons

#### Swimming lessons will resume the week of September 8

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>Splashers</b> <b>(6 - 18 mo.)</b>	-	-	4:45 - 5:15 p.m.	-	9:00 - 9:30 a.m.	-
<b>Bubblers</b> <b>(19 mo. - 2 yrs.)</b>	4:45 - 5:15 p.m. 5:20 - 6:10 p.m.	-	4:45 - 5:15 p.m.	-	9:00 - 9:30 a.m.	-
<b>Bobbers</b> <b>(3 - 5 yrs.)</b>	4:45 - 5:15 p.m. 5:20 - 6:10 p.m. 5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	4:45 - 5:15 p.m. 5:20 - 6:10 p.m.	5:20 - 6:10 p.m. 5:55 - 6:25 p.m.	4:45 - 5:15 p.m. 5:20 - 6:10 p.m.	9:35 - 10:05 a.m. 10:10 - 10:40 a.m.	11:15 - 11:45 a.m. 11:50 - 12:20 p.m. 12:25 - 12:55 p.m. 1:35 - 2:05 p.m.
<b>Floaters</b> <b>(3 - 5 yrs.)</b>	5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	4:45 - 5:15 p.m. 5:20 - 6:10 p.m.	5:20 - 6:10 p.m. 6:30 - 7:00 p.m.	4:45 - 5:15 p.m. 5:20 - 6:10 p.m. 5:55 - 6:25 p.m.	9:35 - 10:05 a.m. 10:10 - 10:40 a.m. 10:45 - 11:15 p.m.	11:15 - 11:45 a.m. 11:50 - 12:20 p.m. 12:25 - 12:55 p.m. 1:00 - 1:30 p.m.
<b>Gliders</b> <b>(3 - 5 yrs.)</b>	5:20 - 5:50 p.m.	5:20 - 5:50 p.m.	4:45 - 5:15 p.m.	5:20 - 5:50 p.m.	10:05 - 10:35 a.m. 10:40 - 11:10 a.m. 10:45 - 11:15 a.m. 11:20 - 11:50 p.m.	11:50 - 12:20 p.m. 1:00 - 1:30 p.m.
<b>Divers</b> <b>(3 - 5 yrs.)</b>	5:20 - 5:50 p.m.	5:20 - 5:50 p.m.	4:45 - 5:15 p.m. 7:05 - 7:35 p.m.	-	10:05 - 10:35 a.m. 11:55 - 12:25 p.m.	11:50 - 12:20 p.m. 2:10 - 2:40 p.m.
<b>Surfers</b> <b>(3 - 5 yrs.)</b>	5:55 - 6:25 p.m.	-	5:55 - 6:25 p.m.	-	-	-
<b>Jumpers</b> <b>(3 - 5 yrs.)</b>	5:55 - 6:25 p.m.	-	-	5:55 - 6:25 p.m.	-	-

#### Swim Lesson Notes:

- No lessons on September 30 | October 11, 12, 13 | November 11
- 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 - 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

### Youth Swimming Lessons

**Swimming lessons will resume the week of September 8**

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)

Child can glide without assistance. Instruction covers skills such as submersion, unassisted front and back glide and jumps into chest deep water from a standing position.

#### Seal (6 - 12 years)

Child is comfortable in deep water. Instruction covers skills such as deep water jumping and breath control. Participants continue to work on glides and glide 5m on their back.

#### Dolphin (6 - 12 years)

Child spends more time in deep water and works to increase endurance and stamina. Instruction covers skills such as treading in deep water for 30 seconds, front glide with kick.

#### Swimmer (6 - 12 years)

Child can recover an object in water 1.5m deep, tread water for 40 seconds, and front crawl for 15m distance. Instruction covers skills such as surface dives and deep water bobs.



# AQUATICS

# REGISTERED PROGRAMS

## Youth Swimming Lessons

**Swimming lessons will resume the week of September 8**

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

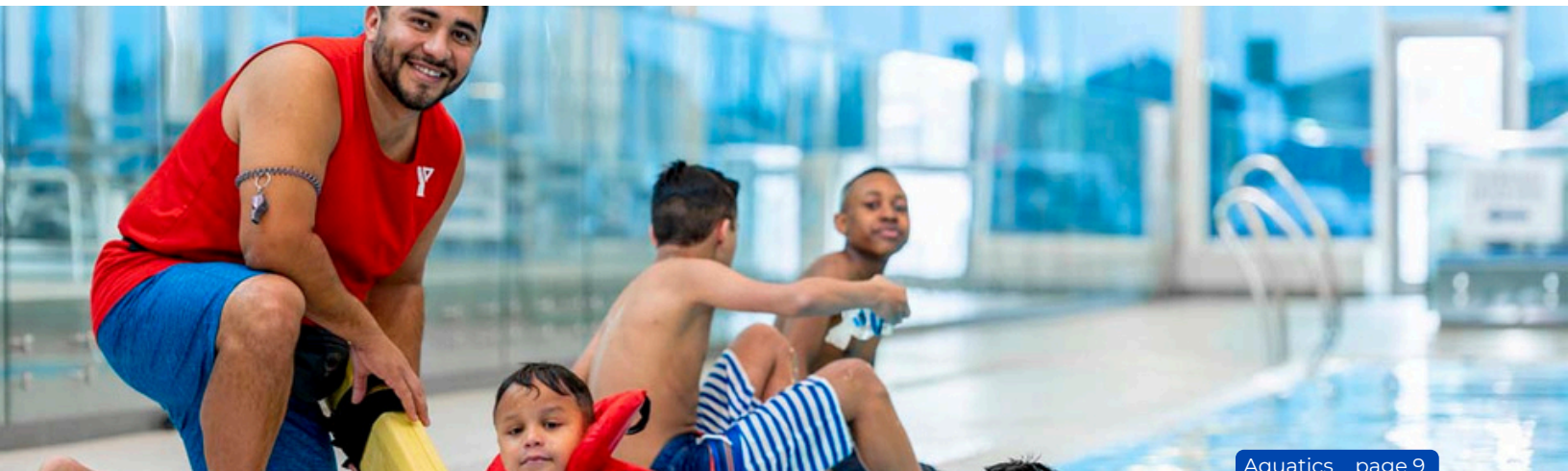
Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
<b>Otter</b> <b>(6 - 12 yrs.)</b>	6:30 - 7:00 p.m.	6:30 - 7:00p.m.	5:20 - 5:50 p.m. 5:55 - 6:25 p.m.	5:20 - 5:50 p.m. 6:30 - 7:00 p.m.	10:40 - 11:10 a.m. 12:05 - 12:35 p.m.	11:15 - 11:45 a.m. 12:25 - 12:55 p.m.
<b>Seal</b> <b>(6 - 12 yrs.)</b>	6:30 - 7:00 p.m.	6:30 - 7:00 p.m.	5:20 - 5:50 p.m. 5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	6:30 - 7:00 p.m.	12:05 - 12:35 p.m.	11:15 - 11:45 a.m. 12:25 - 12:55 p.m.
<b>Dolphin</b> <b>(6 - 12 yrs.)</b>	7:05 - 7:35 p.m.	5:55 - 6:25 p.m. 7:05 - 7:35 p.m.	6:30 - 7:00 p.m.	5:55 - 6:25 p.m. 7:05 - 7:35 p.m.	12:40 - 1:10 p.m.	-
<b>Swimmer</b> <b>(6 - 12 yrs.)</b>	7:05 - 7:35 p.m.	5:55 - 6:25 p.m. 7:05 - 7:35 p.m.	6:30 - 7:00 p.m.	5:55 - 6:25 p.m. 7:05 - 7:35 p.m.	12:40 - 1:10 p.m.	-

### Swim Lesson Notes:

- No lessons on September 30 | October 11, 12, 13 | November 11
- 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 - 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

### Swimming lessons will resume the week of September 8

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)

Participant works on endurance to complete a 75m swim. Instruction covers skills such as enhancing front crawl to initial standard and back crawl to initial standard, introduction of elementary breaststroke, swimming on back for 25m, and treading water for 2 minutes.

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

Participant continues to develop front and back crawl to intermediate standard. Instruction covers skills such as introduction of breaststroke and endurance swim of 100m.

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

Participant continues to practice back crawl advanced standard 50m, elementary backstroke intermediate standard 25m, and breaststroke initial standard 50m. Instruction covers skills such as eggbeater surface support, 200m swim, and starting Lifesaving Society's Canadian Swim Patrol curriculum.

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

Participant builds further endurance to swim 100m within 3 minutes. Instruction covers skills such as drowning prevention, Canadian Swim Patrol curriculum, dolphin kick 25m, eggbeater proficiency, elementary backstroke advanced standard 50m.

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

Participant works on increasing endurance to complete a 500m swim, swims 200m in 6 minutes, as well as front and back crawl of 75m each. Instruction covers skills such as sidestroke intermediate standard 25 m, breaststroke advanced standard 25m, butterfly initial standard 15m, and surface dives. Rescue skills include demonstrating non-contact rescue using buoyant aid, and 5lb object support for 1 minute.

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

Participant continues to develop endurance completing a 600m swim, and swims 300m in 9 minutes. Instruction covers skills such as sidestroke advanced standard 25m, and butterfly intermediate standard 15m. Work on the Canadian Swim Patrol curriculum includes carrying a 10lb object for 25m, tow rescue with and aid, and surface dive drills.





## Youth Swimming Lessons

**Swimming lessons will resume the week of September 8**

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> (6 - 12 yrs.)	-	7:40 - 8:25 p.m.	-	7:40 - 8:25 p.m.	11:20 - 12:05 p.m.	1:35 - 2:20 p.m.
<b>Star 2</b> (6 - 12 yrs.)	-	7:40 - 8:25 p.m.	-	7:40 - 8:25 p.m.	11:15 - 12:00 p.m.	1:35 - 2:20 p.m.
<b>Star 3</b> (6 - 12 yrs.)	7:40 - 8:25 p.m.	-	-	-	11:15 - 12:00 p.m.	-
<b>Star 4</b> (6 - 12 yrs.)	7:40 - 8:25 p.m.	5:55 - 6:40 p.m.	-	-	-	-
<b>Star 5</b> (6 - 12 yrs.)	-	-	7:05 - 7:50 p.m.	-	-	-
<b>Star 6</b> (6 - 12 yrs.)	-	-	7:05 - 7:50 p.m.	-	-	-

### Swim Lesson Notes:

- No lessons on September 30 | October 11, 12, 13 | November 11
- 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 - 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)
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**Bronze Star  
(10 - 12 yrs.)**

Tues.

6:45 - 7:30 p.m.

Sept. 9 - Nov. 25

\$50.00

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

**Workplace Standard  
First Aid**

Sat.

8:00 - 5:30 p.m.

Sept. 13

Sun.

8:00 - 5:30 p.m.

Sept. 14

\$200.00

**Bronze Medallion**

Fri.

6:00 - 9:45 p.m.

Sept. 19

Sat.

8:30 - 4:30 p.m.

Sept. 20

Sun.

10:30 - 8:00 p.m.

Sept. 21

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

Fri.

6:00 - 9:45 p.m.

Oct. 17

Sat.

8:30 - 7:00 p.m.

Oct. 18

Sun.

8:30 - 8:30 p.m.

Oct. 19

\$175.00

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

Fri.

6:00 - 9:45 p.m.

Nov. 14

Sat.

8:30 - 6:30 p.m.

Nov. 15

Sun.

8:30 - 6:30 p.m.

Nov. 16

\$250.00

Fri.

6:00 - 9:45 p.m.

Nov. 21

Sat.

8:30 - 7:30 p.m.

Nov. 22

Sun.

8:30 - 9:00 p.m.

Nov.23

# 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*  
**Mondays from 7:05 - 7:50 p.m. | Tuesdays from 6:45 - 7:30 p.m. Thursdays from 7:05 - 7:50 p.m. Sept 8 - Nov.24 | \$50 for members / \$120 non-members**  
[Teen Beginner \(13 - 16 yrs.\)](#)

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: 13 - 15 years old. 45 minute lessons*  
**Tuesdays 5:55 - 6:40 p.m. Sept. 9 - Nov. 25 | \$50 for members / \$120 for non-members**

#### 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.

#### 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* **Thursdays from 7:05 - 7:50 p.m. Sept. 11 - Nov. 27 | \$50 for members / \$120 for non-members**

#### Teen Int./Adv (13 - 16 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* **Wednesdays 7:05 - 7:50 p.m. Sept. 10 - Nov. 26 | \$50 for members / \$120 for non-members**

#### 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 (7 - 10 yrs.)

Fee: \$600.00  
Meet: Tues & Thurs: 4:00 - 5:15 p.m. | Fri: 4:00 - 5:30 p.m.  
Sat: 8:30 - 10:00 a.m. (pool) / 10:15 - 11:15 a.m. (dryland)

#### Ignite (10 - 16 yrs.)

Fee: \$800.00  
Meet: Tues, Wed & Thurs: 4:00 - 5:15 p.m. | Fri: 4:00 - 5:30 p.m.  
Sat: 8:30 - 10:00 a.m. (pool) / 10:15 - 11:15 a.m. (dryland)

### 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*

#### **Babysitter Training Course (12 - 16 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. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	Nov. 1 Nov. 2	\$125.00
<b><u>Babysitter Training Course (12 - 16 yrs.)</u></b>	Sat.	8:30 - 6:30 p.m.	Oct. 4	\$55.00



# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

**Session runs from Week of September 8 - November 24**

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.

### Artistic Kindernastics (4 - 5 yrs.)

Learn the fundamentals of artistic gymnastics in a fun and enriching environment. Children will develop basic Artistic Gymnastics skills such as forward rolls, walking across the balance beam, and jumping off the vault. This well-rounded program supports physical development, balance, flexibility, and confidence. Children may be enrolled in one or two sessions. *Fee: \$56.25 Location: Nashwaaksis Field House at 324 Fulton Ave.*

### 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.

### 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.

### Rhythmic Kindernastics (4 - 5 yrs.)

Designed for ages 4-5, this instructor-led program introduces young children to the fundamentals of rhythmic gymnastics in a fun and enriching environment. Participants will explore basic movement patterns, coordination, and flexibility through creative activities using ribbons, hoops, and balls. With a focus on musicality, balance, and body awareness, this beginner-level class encourages self-expression and builds physical confidence in a playful, supportive setting. Children may be enrolled in one or two sessions. *Fee: \$56.25 Location: Nashwaaksis Fieldhouse at 324 Fulton Ave.*

### 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!

### 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.)

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

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

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)

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

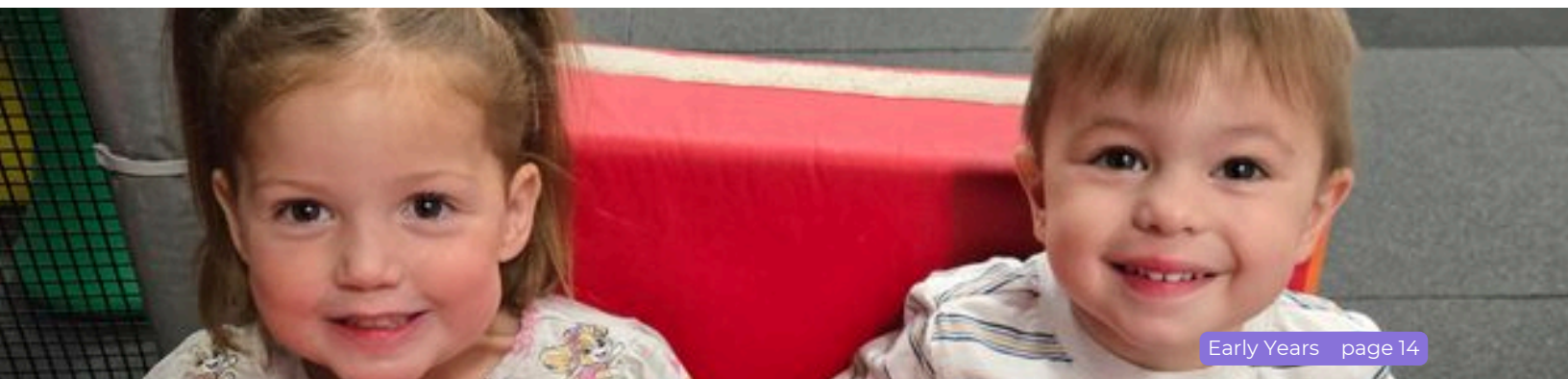
This program will instruct participants on learning to play soccer through a combination of skill-building drills and engaging game play, fostering an understanding of the fundamental techniques and strategies of the sport.

### 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. *Fee of \$10.00 Location: Nashwaaksis Field House at 324 Fulton Ave.*

### 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.



# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

Session runs from Week of September 8 - November 24

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>*Artistic Kindernastics (4 - 5 yrs.)</b>	Tuesday	5:00 - 5:45 p.m.	\$56.25
	Wednesday	5:00 - 5:45 p.m.	\$56.25
	Saturday	10:05 - 10:50 a.m.	\$56.25
	Sunday	10:45 - 11:30 a.m.	\$56.25
<b>Ballet (4 - 5 yrs.)</b>	Monday	6:00 - 6:45 p.m.	-
	Saturday	9:00 - 9:45 a.m.	
<b>Gym Tots (9 mo. - 5 yrs.)</b>	Mornings	10:45 - 11:45 a.m.	Drop-In program
<b>Learn to Play Multisport (4 - 5 yrs.)</b>	Monday	5:00 - 5:45 p.m.	-
	Saturday	12:45 - 1:30 p.m.	
<b>Learn to Play Soccer (4 - 5 yrs.)</b>	Saturday	11:45 - 12:30 p.m.	-
<b>Learn to Racquet Sports (4 - 5 yrs.)</b>	Saturday	1:45 - 2:30 p.m.	-
<b>Movin' &amp; Groovin' (4 - 5 yrs.)</b>	Wednesday	6:00 - 6:45 p.m.	-
	Sunday	1:30 - 2:15 p.m.	
<b>Play &amp; Swim (6 mo. - 2 yrs) (Parent - Child)</b>	Saturday	10:45 - 11:45 a.m.	-
	Sunday	1:00 - 2:00 p.m.	
<b>Play &amp; Swim (3 - 5 yrs.) (Parent - Child)</b>	Saturday	11:15 - 12:15 p.m.	-
	Sunday	1:30 - 2:30 p.m.	
<b>Rhythmic Kindernastics (4 - 5 yrs.)</b>	Saturday	10:05 - 10:50 a.m.	\$56.25
	Sunday	10:45 - 11:30 a.m.	\$56.25
<b><u>Run, Jump, Throw, Play</u> (3 - 5 yrs.)</b>	Monday	5:45 - 6:30 p.m.	-
	Saturday	10:45 - 11:30 a.m.	
<b>*Totnastics (2 - 3 yrs.) (Parent - Child)</b>	Saturday	10:05 - 10:35 a.m.	\$10.00
	Sunday	10:05 - 10:35 a.m.	

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

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

## **REGISTERED PROGRAMS**

### **Session runs from Week of September 8 - November 24**

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+ 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.

### **Basketball (10+ 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+ 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.

## **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 September 8 - November 24

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 Equipment fee if they already have the YMCA jersey and basketball, You can also opt to only purchase the YMCA Jersey for \$35. If you opt to purchase your own ball get size 6 for 6-9 and size 7 for 10+.

## BALL SPORTS PROGRAM SCHEDULE

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

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of September 8 - November 24

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.

### Ballet (6 - 9 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.

### Ballet (10 - 13 yrs.)

Our ballet classes for children aged 10-13 focus on mastering basic ballet positions, classical movements, and advanced barre work. We aim to enhance strength, flexibility, and grace through more challenging exercises, helping your child progress in their ballet skills and build a strong, confident foundation.

### 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.

### Movin' & Groovin' (6 - 9 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.

### Movin' & Groovin' (10 - 13 yrs.)

An energetic and creative dance class where older children and pre-teens learn to move to the beat while having a great time! The class emphasizes rhythm, coordination, and more advanced dance techniques, fostering a deeper appreciation for dance and movement.

## 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 Saturday	6:00 - 6:45 p.m. 9:00 - 9:45 a.m.	-
<u><b>Ballet (6+ yrs.)</b></u>	Monday Tuesday Thursday Saturday	6:45 - 7:45 p.m. 6:00 - 7:00 p.m. 7:00 - 8:00 p.m. 10:00 - 11:00 a.m.	-
<u><b>Movin' &amp; Groovin' (4 - 5 yrs.)</b></u>	Wednesday Sunday	6:00 - 6:45 p.m. 1:15 - 2:00 p.m.	-
<b>Movin' &amp; Groovin' (6+ yrs.)</b>	Tuesday Wednesday Thursday Sunday	7:00 - 8:00 p.m. 6:45 - 7:45 p.m. 6:00 - 7:00 p.m. 2:30 - 3:30 p.m.	- - - -

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of September 8 - November 24

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 totastics & kindernastics, [please visit our Early Years page](#).

## Gymnastics

### 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.

#### Artistic 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.



#### Artistic 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.

#### Artistic Advanced (6+ yrs.)

Youth will train more throughout the week while enjoying our fun recreational setting, with 2 or 3 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.

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

This instructor-led program is designed for beginners ages 6-16 who are new to rhythmic gymnastics. Participants will learn foundational skills in a fun and supportive environment, exploring coordination, flexibility, and musicality through the use of apparatus such as ribbons, hoops, balls, and ropes. The program emphasizes body awareness, posture, and artistic expression while building confidence through simple routines and creative movement. Ideal for those looking to develop a strong base in rhythmic gymnastics, with opportunities to grow at their own pace. Children may be enrolled in one or two sessions.

## GYMNASTICS PROGRAM SCHEDULE

Program	Day	Time	Location	Fee
Artistic Beginner	Tuesday	5:00 - 6:00 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$87.50
	Wednesday	5:00 - 6:00 p.m.		
	Saturday	10:55 - 11:55 a.m.		
	Sunday	11:40 - 12:40 p.m.		
Artistic Intermediate	Tuesday	6:00 - 7:30 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$140.00
	Wednesday	6:00 - 7:30 p.m.		
	Sunday	1:30 - 3:00 p.m.		
Artistic Advanced	Tuesday	6:00 - 7:30 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$125.00 per class.
	Wednesday	6:00 - 7:30 p.m.		
	Sunday	1:30 - 3:00 p.m.		
Rhythmic Beginner	Tuesday	5:00 - 6:00 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$87.50
	Wednesday	5:00 - 6:00 p.m.		
	Saturday	10:55 - 11:55 a.m.		
	Sunday	11:40 - 12:40 p.m.		

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of September 8 - November 24

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 Teens & Adults (13+)

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 September 8 - November 24**

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><u>Aikido Beg./ Int./Adv. (7+ yrs.)</u></b>	Monday & Wednesday & Saturday	7:30 - 9:00 p.m. 7:00 - 8:30 p.m. 8:00 - 9:30 a.m.	-
<b><u>Karate - Intro (6+ yrs.)</u></b>	Sunday	10:00 - 11:00 a.m.	\$30.00
<b><u>Karate Beg./int./Adv. (7+ yrs.)</u></b>	Monday & Wednesday	6:30 - 7:30 p.m. 6:30 - 7:30 p.m.	\$50.00
<b><u>Karate for Teens &amp; Adults (13+ yrs.)</u></b>	Monday & Wednesday	7:45 - 8:45 p.m. 7:45 - 8:45 p.m.	\$50.00
<b><u>Muay Thai Beg. (7+ yrs.)</u></b>	Monday & Thursday & Friday & Sunday	6:00 - 7:00 p.m. 6:00 - 7:00 p.m. 6:00 - 7:00 p.m. 10:30 - 11:30 a.m.	-
<b><u>Muay Thai Int. (7+ yrs.)</u></b>	Thursday & Friday & Sunday	7:00 - 8:30 p.m. 7:00 - 8:30 p.m. 11:30 - 1:00 p.m.	-
<b><u>Muay Thai for Teens &amp; Adults (13+ yrs.)</u></b>	Thursday & Friday & Sunday	7:00 - 8:30 p.m. 7:00 - 8:30 p.m. 11:30 - 1:00 p.m.	-



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of September 8 - November 24

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 September 8 - November 24**

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.**

#### **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.

#### **UNB S.P.R.I.N.G.**

S.P.R.I.N.G. is a student-led volunteer program that delivers an active environment for youth (aged 3-15) with physical, cognitive, and/or intellectual disabilities to grow their motor, social, and cognitive skills. We host engagement sessions at the Fredericton YMCA every Sunday from 9 AM to 11 AM from September to May.

Each session includes a "Gym & Swim" portion, where volunteers engage youth in skill-building activities uniquely tailored to each child's abilities.

At S.P.R.I.N.G., we are all about growth. We focus on ability and design each activity with accessibility and adaptability in mind.

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

**Session runs from Week of September 8 - November 24**

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 (no HST)</i>
<b><u>Intro to Ball Hockey (6+ yrs.)</u></b>	Tuesday	6:30 - 7:30 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Ball Hockey Developmental Group (10+ yrs.)</u></b>	Tuesday	7:30 - 8:30 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Fencing - Youth I (8 - 11 yrs.)</u></b>	Wednesday	6:00 - 7:00 p.m.	512 George Street	\$30.00
<b><u>Indoor Golf (6 - 9 yrs.)</u></b>	Saturday	2:45 - 3:30 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Indoor Golf (10+ yrs.)</u></b>	Saturday	3:30 - 4:30 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Jr. Strength &amp; Conditioning (8 - 11 yrs.)</u></b>	Sunday	11:15 - 12:15 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Jr. Strength &amp; Conditioning (12 - 15 yrs.)</u></b>	Sunday	12:15 - 1:15 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Multisport (6 - 9 yrs.)</u></b>	Sunday	3:45 - 4:45 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>Multisport (10 - 13 yrs.)</u></b>	Friday	5:15 - 6:15 p.m.	YMCA Gymnasium 570 York Street	-
<b><u>UNB S.P.R.I.N.G</u></b>	Sunday	9:00 - 11:00 a.m.	YMCA Gymnasium 570 York Street	\$60.00





# 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 - 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: 13 - 16 years old. 45 minute lessons.*

#### Teen Int./Adv (13 - 16 yrs.)

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)
<b><u>Adult Beginner (16+ yrs.)</u></b>	Mon. Tues. Thurs.	7:05 - 7:50 p.m. 6:45 - 7:30 p.m. 7:05 - 7:50 p.m.	Sept. 8 - Nov. 24 Sept. 9 - Nov. 25 Sept. 11 - Nov. 27	\$50 / Member \$120 / Non-Member
<b><u>Adult Int. /Adv. (16+ yrs.)</u></b>	Thurs.	7:05 - 7:50 p.m.	Sept. 11 - Nov. 27	\$50 / Member \$120 / Non-Member
<b><u>Teen Beginner (13 - 16 yrs.)</u></b>	Tues.	5:55 - 6:40 p.m.	Sept. 9 - Nov. 25	\$50 / Member \$120 / Non-Member
<b><u>Teen Int./Adv. (13 - 16 yrs.)</u></b>	Wed.	7:05 - 7:50 p.m.	Sept. 10 - Nov. 26	\$50 / Member \$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 Teens & Adults

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)
<b><u>Aikido (Youth/Teens/Adults)</u></b>	Mon. Wed. Sat.	7:30 - 9:00p.m. 7:00 - 8:30 p.m. 8:00 - 9:30 a.m.	Sept. 8 - Nov. 24	-
<b>Karate (13+ yrs.) (Teens &amp; Adults)</b>	Mon. Wed.	7:45 - 8:45 p.m. 7:45 - 8:45 p.m.	Sept. 8 - Nov. 24	\$50.00
<b>Muay Thai (13+ yrs.) (Teens &amp; Adults)</b>	Thurs. Fri. Sun.	7:00 - 8:30 p.m. 7:00 - 8:30 p.m. 11:30 - 1:00 p.m.	Sept. 8 - Nov. 24	-

# POWER UP



POWER UP

Power Up is a YMCA Initiative for youth ages 12-15.

Power Up is a ten-week program that runs throughout the year (Fall, Winter & Spring cohorts). Power Up will expose participants to new games, challenges and ways of moving through life as a confident leader and engaged community members.

From disc golf and trail running, to STEM workshops, and challenging communication and leadership initiatives, Power Up will highlight our individual strengths and differences and encourage participants to embrace their unique attributes and learn from other's.

Included with Power Up is a complimentary 4-month YMCA membership for active participants.

Memberships include access to our fitness centre, pool, gym and one registered program per session; additional program fees may apply. This program is free of cost but requires registration. We are now accepting applications for the Fall session.

NOTE: Form completion does not guarantee a spot in the program. Priority spacing will be given to participants who have not yet participated in Power Up during 2024/2025. A waiting list will be made and all participant communication to confirm registration will occur no later than September 8.

Fall Power Up will begin Thursday, September 11 at 6:30pm.

If you have any further questions, please contact:  
[andrea.vanderpluym@ymcafredericton.org](mailto:andrea.vanderpluym@ymcafredericton.org)



## FAMILY FRIEND

The Family Friend program provides support to single parents living in the Fredericton area who face barriers to social, health or financial security. The goal of the program is to provide a support network and facility access to single parents and their dependents experiencing isolation from community.

Meetings take place every SECOND and FOURTH Wednesday of the month, from September to June. Sessions begins at 6:00pm and conclude at 7:30pm. Aside from a variety of programming, each session also includes a home cooked meal.

Registered members will be assigned either the second Wednesday of each month, or the fourth, to regularly attend. If you are assigned a week that does not work for your schedule, please contact the program coordinator to make a switch:  
[andrea.vanderpluym@ymcafredericton.org](mailto:andrea.vanderpluym@ymcafredericton.org)

Registered Family Friend participants get access to YMCA memberships for themselves and their dependents, including one registered program, each program term (Fall, Winter, Spring, Summer) with no registration cost, additional program costs may apply depending on the program. Members can be registered for as many additional programs as they like, subject to all regular program costs.

To apply for the Family Friend 2025/2026 season, [please fill out the application form in full.](#)

Eligibility Requirements: Participants are single parents and the primary providers for dependents while they are in their households

\*Ex-partners of already registered active participants are not eligible for participation.\*

