



Shine On



Updated March 20

2026

# SPRING PROGRAMS

Session runs week of April 6 - week of June 15

# TABLE OF CONTENTS

## Membership Information

<u>Membership Benefits &amp; Fees</u>	3
<u>Contact &amp; Hours</u>	3
<u>Registration Information</u>	3
<u>Important Dates</u>	4

## Aquatics Registered Programs

<u>Rolling Registration</u>	5
<u>Preschool Lessons</u>	6
<u>Preschool Lesson Schedule</u>	7
<u>Youth Swimming</u>	8
<u>Youth Lesson Schedule</u>	9
<u>Star Program</u>	10
<u>Star Program Schedule</u>	11
<u>Lessons for Teens, Adults &amp; Seniors</u>	13 or 25

## Aquatics Certification Courses

<u>Aquatics Leadership Courses</u>	12
<u>Aquatics Leadership Schedule</u>	12
<u>Instructor Training Course</u>	14

## Health & Safety Courses

<u>Intermediate First Aid</u>	13
<u>Babysitter Training Course</u>	13

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

<u>Program Descriptions</u>	15
<u>Program Schedule</u>	16

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

<u>Rolling Registration for Youth Programs</u>	17	<u>Martial Arts</u>	22
<u>Youth Basketball - Recreation</u>	18	<u>Martial Arts Schedule</u>	23
<u>Youth Basketball - Development</u>	19	<u>Racquet Sports</u>	24
<u>Youth Basketball - Scrimmage</u>	19	<u>Various Sports</u>	25
<u>Dance</u>	20	<u>Various Sports</u>	26
<u>Gymnastics</u>	21	<u>Various Sport Schedule</u>	27
<u>Ignite Swim</u>	13		

## Teens, Adults & Seniors Registered Programs

<u>Beginner and Intermediate/Advanced swimming lessons</u>	28
<u>Martial Arts</u>	



# 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 here'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)

Rates take effect on April 13.

### Individual Membership (as of April 13)

0 - 14 yrs.	\$25.99 (no HST)
15 - 18 yrs.	\$25.99
19+ yrs.	\$32.99

### Family Memberships (as of April 13)

First Adult (19+)	\$32.99
Additional Adults (19+)	\$24.99
Each Child (0 - 18)	\$18.99

Joiner Fee of \$29.99 (+HST) may apply



### Membership Services

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

### Membership Discounts

Senior (60+)	\$6.00
Student (19+) with I.D.	\$6.00

## 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

### REGISTER ONLINE

To view your account and make payments 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

### 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)

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



## SPRING 2026

Online registration will open at 7:00 a.m.  
on Friday, March 27

Term runs from the  
WEEK OF APRIL 6 - WEEK OF JUNE 15



### Mark Your Calendar:

Last Day of Spring Term  
Sunday, June 21

Registration for Summer Term  
Friday, June 19

### NO REGISTERED PROGRAMS

#### Victoria Day Long Weekend

May 16 - 18: No Registered Programs

Monday May 18: 570 York Street | 8:00 a.m. - 4:00 p.m.  
605 Cliffe Street| CLOSED

#### Healthy Kids Day

May 30: 570 York Street | 10:00 a.m. - 2:00 p.m.

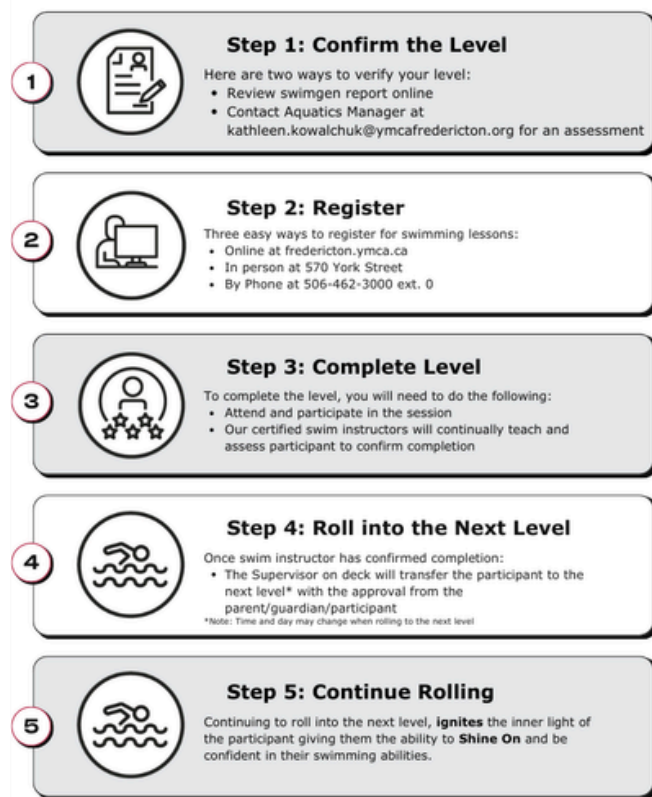
No Registered Programs | No Swimming Lessons



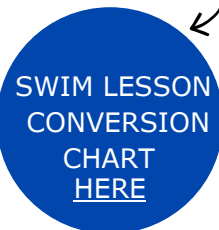
## Rolling Registration

Lessons will end the week of June 15

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 lessons elsewhere? Please see the chart below:



**Attention:** Rolling Registration will conclude for the season on **Sunday, June 21** and resume in the Fall Term. Swimming lessons will run over the summer session from **June 29 - August 30**. Members currently in Spring lessons are eligible to pre-register for the summer term. Waitlists will be refreshed over the summer to start anew in the Fall.

## 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! Email: [kathleen.kowalchuk@ymcafredericton.org](mailto:kathleen.kowalchuk@ymcafredericton.org)

## YMCA Preschool Swimming Lessons

### Swimming lessons will end the week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

### 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 floatation 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.



Swimming lessons will end the week of June 15

# SWIMMING LESSON SCHEDULE

Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
<b>Splashers (6 - 18 mo.)</b>	-	-	4:45 - 5:15 p.m.	-	9:00 - 9:30 a.m.	-
<b>Bubblers (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 (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 (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 (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 a.m.	11:50 - 12:20 p.m. 1:00 - 1:30 p.m.
<b>Divers (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 (3 - 5 yrs.)</b>	5:55 - 6:25 p.m.	-	5:55 - 6:25 p.m.	-	-	-
<b>Jumpers (3 - 5 yrs.)</b>	5:55 - 6:25 p.m.	-	-	5:55 - 6:25 p.m.	-	-

### Swim Lesson Notes:

- No lessons over the Victoria Day Long Weekend May 16 - 18 | Healthy Kids Day May 30
- 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 end the week of June 15**

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## 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.



Swimming lessons will end the week of June 15

# SWIMMING LESSON SCHEDULE

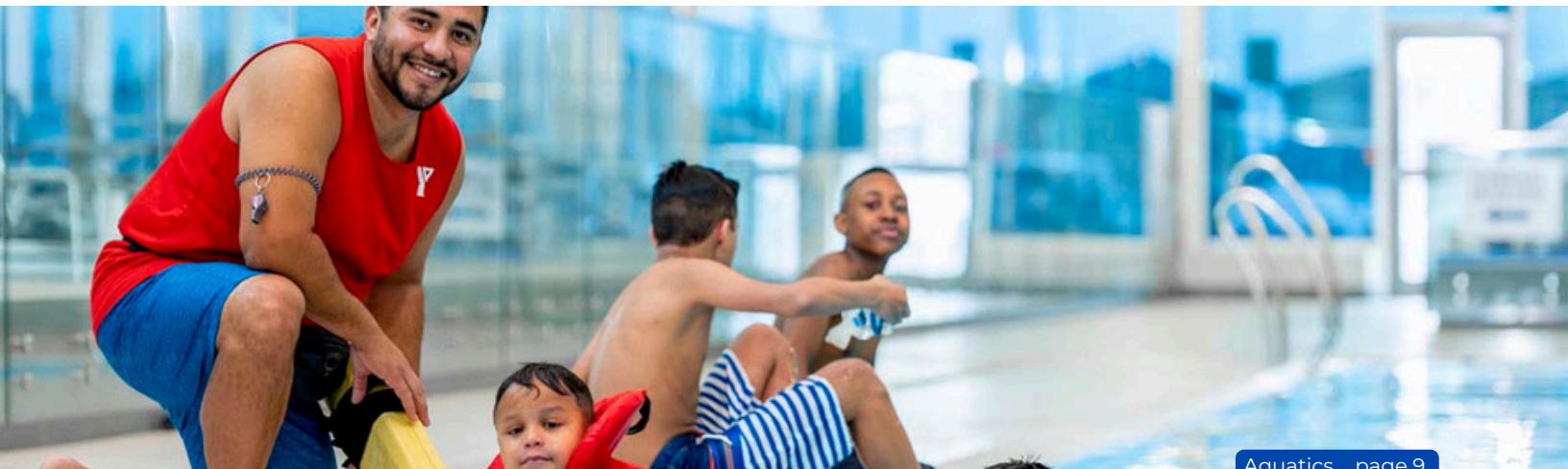
Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
<b>Otter (6 - 12 yrs.)</b>	6:30 - 7:00 p.m.	6:30 - 7:00 p.m.	5:20 - 5:50 p.m. 5:55 - 6:25 p.m.	5:20 - 5:50 p.m. 6:30 - 7:00 p.m.	10:40 - 11:10 a.m. 12:05 - 12:35 p.m.	11:15 - 11:45 a.m. 12:25 - 12:55 p.m.
<b>Seal (6 - 12 yrs.)</b>	6:30 - 7:00 p.m.	6:30 - 7:00 p.m.	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 (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 (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 over the Victoria Day Long Weekend May 16 - 18 | Healthy Kids Day May 30
- 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 end the week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## YMCA Star Lessons | 6 - 12 years

The YMCA Star Program is a series of six 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 end the week of June 15

# SWIMMING LESSON SCHEDULE

Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
<b>Star 1 (6 - 12 yrs.)</b>	-	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 (6 - 12 yrs.)</b>	-	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 (6 - 12 yrs.)</b>	7:40 - 8:25 p.m.	-	-	-	11:15 - 12:00 p.m.	-
<b>Star 4 (6 - 12 yrs.)</b>	7:40 - 8:25 p.m.	5:55 - 6:40 p.m.	-	-	-	-
<b>Star 5 (6 - 12 yrs.)</b>	-	-	7:05 - 7:50 p.m.	-	-	-
<b>Star 6 (6 - 12 yrs.)</b>	-	-	7:05 - 7:50 p.m.	-	-	-

### Swim Lesson Notes:

- No lessons over the Victoria Day Long Weekend May 16 - 18 | Healthy Kids Day May 30
- 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 Intermediate First Aid certifications (need not be current). 20 hour course + 3 hour successful exam for Bronze Cross certification*

#### Bronze Medallion with Intermediate First Aid (13+ years)

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.

Intermediate First Aid provides comprehensive training that covers all aspects of first aid and CPR. Intermediate 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 Intermediate First Aid 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 Intermediate 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)
<b>Bronze Star (10 - 12 yrs.)</b>	Tues.	6:45 - 7:30 p.m.	Mar. 31 - June 16	\$50.00
<b>Bronze Medallion with Intermediate First Aid (13+ yrs.)</b>				
<b>Intermediate First Aid</b>	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	April 25 April 26	\$200.00
<b>Bronze Medallion</b>	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 4:30 p.m. 10:30 - 8:00 p.m.	May 1 May 2 May 3	
<b>Bronze Cross (13+ yrs.)</b>	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 7:00 p.m. 8:30 - 8:30 p.m.	May 8 May 9 May 10	\$175.00
<b>National Lifeguard Pool (15+ yrs.)</b>	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 6:30 p.m. 8:30 - 6:30 p.m.	June 5 June 6 June 7	\$250.00
	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 7:30 p.m. 8:30 - 9:00 p.m.	June 12 June 13 June 14	

# 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. | \$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. | \$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.

### Health & Safety Courses

#### **Intermediate First Aid**

Provides comprehensive training that covers all aspects of first aid and CPR. Intermediate 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 Intermediate First Aid 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 **Thursdays from 7:05 - 7:50 p.m. | \$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. | \$50 for members / \$120 for non-members**

#### **YMCA IGNITE SWIM TEAM**

This program is designed for swimmers who are ready to train and compete in the four standard swim strokes. Swimmers will be assessed prior to joining the team to ensure readiness for a competitive environment. Training follows the NCCP (National Coaching Certification Program) pathway and aligns with Swim NB competitive standards, ensuring a safe, structured, and progressive experience led by trained and certified coaches. Swimmers aged 7+ can train minimum of 3 to 6 times per week, depending on their readiness and commitment level, Dryland training is encouraged but not mandatory.

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

Fee: pro-rated  
Meet: Tues & Thurs: 3:45 - 5:15 p.m. | Fri: 3:45 - 5:30 p.m.  
Sat: 9:15 - 10:30 a.m. (pool) / 11:00 - 12:00 p.m.(dryland)

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

Fee: pro-rated  
Meet: Tues, Wed & Thurs: 3:45 - 5:15 p.m. | Fri: 3:45 - 5:30 p.m.  
Sat: 8:00 - 9:15 a.m. (pool) / 9:45 - 10:45 a.m.(dryland)

#### **Babysitter Training Course (12 - 16 yrs.)**

The Babysitters Training Course is one of Canada Safety Council's longest running programs. The course provides strategies for injury prevention, and it promotes 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>Intermediate First Aid (12+ yrs.)</u></b>	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	May 23 May 24	\$125.00
<b><u>Babysitter Training Course (12 - 16 yrs.)</u></b>	Sat.	8:30 - 6:30 p.m.	April 11 June 20	\$55.00



Shine On



To apply, [click here](#) and fill out the online form.



\$175.00 +HST



Prerequisites

Minimum of 15 years of age.

Bronze Cross or Lifesaving Society National Lifeguard Certification (needs to be current) .

Intermediate First Aid with CPR/AED (current)



Details

Self-directed learning module (3 hrs.), in-person training (21 hrs.), successful observation and evaluation for certification. Additional volunteer experience may be required.



Apply Here



**APPLY FOR YMCA INSTRUCTOR COURSE**

# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

Session runs from Week of April 6 - June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

### 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.)

An instructor-led, parent assisted program that 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.

### 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.

### Kinder Club (2 - 5 yrs.) (Parent - Child)

The YMCA Kinder Club offers a fun, educational experience for young children and their caregivers through a unique partnership with Science East. Each week, families explore the exciting world of science through hands-on activities, experiments, and creative play. From exploring the five senses in SENSE-ational Science, to discovering nature in Little Wild Things, and experimenting in Tiny Scientists, every session is designed to spark curiosity, nurture early learning, and inspire a lifelong love for discovery. Together, parents and children will see, touch, and explore the world around them, one experiment at a time!

### 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/ Futsal (4 - 5 yrs.)

A fun, instructor-led, parent-assisted introduction to soccer and futsal for children ages 4-5. This program focuses on basic movement skills, simple ball control, and learning through play. Through imaginative games and engaging activities, participants will build coordination, confidence, and an early love for the sport in a supportive and positive environment.

### 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.

*\*New\**



# EARLY YEARS (0 - 5 years)

## REGISTERED PROGRAMS

Session runs from Week of April 6 - June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## 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>Kinderclub (2 - 5 yrs.)</b>	Monday	10:00 - 10:45 a.m.	-
	Friday	10:00 - 10:45 a.m.	-
<b>Learn to Play Multisport (4 - 5 yrs.)</b>	Monday	5:00 - 5:45 p.m.	-
	Saturday	11:30 - 12:15 p.m.	-
<b>Learn to Play Soccer / Futsal (4 - 5 yrs.)</b>	Saturday	12:15 - 1:00 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>Run, Jump, Throw, Play (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.	\$10.00

# YOUTH PROGRAMS (6 - 18 years)

# REGISTERED PROGRAMS

## ROLLING REGISTRATION FOR YOUTH PROGRAMS

The following activities have a rolling registration.



Once enrolled in one of these programs, your child's spot will automatically rollover into the next session! This will continue until the end of the Spring term (June 2026)!

- You no longer need to be online at 7 a.m. to re-register your child for the above listed programs.
- Applicable Program fees will be automatically deducted (for winter and spring sessions) on January 1 and April 1.  
\*Applies to Gymnastics and Basketball.
- Enrollment in these programs will be continuous and ongoing – you can join in at any time!

\*Please note that all other programs will be following our regular session registration process.

Gymnastics Level Progression: For participants in the Gymnastics program, our staff will take care of your child's registration into the next level once they are ready to advance. You will be notified when your child moves up to ensure a smooth transition.

If your child will not be continuing: If your child wishes to take a break, withdraw, or switch to a different program, please let us know at least two weeks before the current term ends. This helps us manage class sizes and offer open spots to other families.

Rolling Registration ensures your child can continue developing their skills without interruption and makes staying active with us easier than ever!

Thank you for your continued support and commitment to our youth programs.



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

**Session will end the week of June 15**

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## Youth Basketball Recreation Program

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

This recreational basketball program is designed for children aged 6–9 to learn the fundamentals of the game in a fun and supportive environment. Participants will develop their understanding of game rules, improve basic skills, and build teamwork through engaging, play-based activities. The program follows the Long-Term Athlete Development (LTAD) model, focusing on skill progression, physical literacy, and fostering a lifelong enjoyment of sport.

#### Equipment Information

- Required equipment: Each participant must provide the appropriate size basketball for class use. You may bring your own ball (Size 5 for ages 6–9) or you may purchase one at the Welcome Desk.
- Optional Equipment: Players may choose to purchase a YMCA branded jersey for practice.
- Equipment costs (available at the Welcome Desk):
  - o YMCA Jersey (optional) – \$37.50
  - o Basketball – \$37.50
    - Rolling Registration

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

This recreational basketball program is designed for children aged 10–16 to learn the fundamentals of the game in a fun and supportive environment. Participants will develop their understanding of game rules, improve basic skills, and build teamwork through engaging, play-based activities. The program follows the Long-Term Athlete Development (LTAD) model, focusing on skill progression, physical literacy, and fostering a lifelong enjoyment of sport.

#### Equipment Information

- Required equipment: Each participant must provide the appropriate size basketball for class use. You may bring your own ball (Size 6 for ages 10–12 and women’s basketball (13+) Size 7 for ages 13+ (men’s basketball)) or you may purchase one at the Welcome Desk.
- Optional Equipment: Players may choose to purchase a YMCA branded jersey for practice.
- Equipment costs (available at the Welcome Desk):
  - o YMCA Jersey (optional) – \$37.50
  - o Basketball – \$37.50
    - Rolling Registration

## YOUTH BASKETBALL RECREATION PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee</i>
<b>Basketball Recreation (6 - 9 yrs.)</b> <i>Class meets 2X/week. Register for any 2 days.</i>	Monday	5:30 - 6:30 p.m.	Priestman Street School	\$55.00 (no HST)
	Wednesday	5:30 - 6:30 p.m.	Priestman Street School	
	Friday	6:15 - 7:15 p.m.	YMCA Gymnasium	
	Saturday	9:00 - 10:00 a.m.	Priestman Street School	
	Saturday	11:20 - 12:20 p.m.	Priestman Street School	
	Saturday	11:20 - 12:20 p.m.	Priestman Street School	
<b>Basketball Recreation (10 - 16 yrs.)</b> <i>Class meets 2X/week. Register for any 2 days.</i>	Monday	6:30 - 7:30 p.m.	Priestman Street School	\$55.00 (no HST)
	Friday	7:15 - 8:15 p.m.	YMCA Gymnasium	
	Saturday	1:00 - 2:00 p.m.	Priestman Street School	
	Saturday	3:10 - 4:10 p.m.	Priestman Street School	
	Saturday	3:10 - 4:10 p.m.	Priestman Street School	
	Saturday	3:10 - 4:10 p.m.	Priestman Street School	

# YOUTH PROGRAMS (6 - 18 years)

# REGISTERED PROGRAMS

**Session will end the week of June 15**

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## Youth Basketball Development Program

*\*New\**

### Basketball Development Program (10 - 16 yrs.)

This program offers advanced basketball training for youth aged 10–16 who are ready to elevate their skills. Participants will focus on rule comprehension, technical skill development, and strategic teamwork in a competitive and supportive environment. The program features a Developmental Team, selected through an assessment by the Head of Basketball. Players chosen for this team will have opportunities to compete against other teams in Fredericton. Guided by the principles of Long-Term Athlete Development (LTAD), the program promotes well-rounded athletic growth, builds a competitive mindset, and encourages a lifelong passion for the game.

#### Equipment Information

- Required equipment: Each participant must have a basketball for class use. You may bring your own ball (Size 6 for ages 10–12 and women’s basketball (13+), Size 7 for ages 13+ (men’s basketball)) or you may purchase one at the Welcome Desk. New players are required to purchase a team jersey.
- Returning Players: No equipment purchase is necessary if you already have both a YMCA jersey and basketball.
- Equipment costs (available at the Welcome Desk):
  - o YMCA Jersey – \$37.50
  - o Basketball – \$37.50
- Rolling Registration

### Basketball Girls Training Group (10 - 16 yrs.)

This girls-only basketball training group is designed for participants aged 10–16 who want to build their skills, confidence, and love for the game in a supportive and encouraging environment. Athletes will focus on developing fundamental basketball skills such as dribbling, passing, shooting, and defensive movement while learning game concepts and teamwork.

This girls-only training group is part of the Rolling Registration Basketball (Ages 10–16) program. Participants register through the regular Rolling Registration Basketball program and may select two weekly session times—one of which can be the Girls Training Group. This session focuses on skill development, confidence building, and creating a supportive environment for girls to grow their basketball abilities.

### Basketball Scrimmage (6 - 9 yrs.) (10+ yrs.)

Join us for a weekly scrimmage program designed to develop basketball skills in athletes aged 10-16. 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 Development Program & Scrimmage Schedule

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee</i>
<b>Basketball Development Program (10 - 16 yrs.)</b>	Wednesday & Sunday	6:30 - 8:00 p.m. 1:30 - 2:30 p.m.	Priestman Street School YMCA Gymnasium	\$55.00 (no HST)
<b>Basketball Girls Training Group (10 - 16 yrs.)</b>	Saturday	3:10 - 4:10 p.m.	Priestman Street School	
<b>Basketball Scrimmage (6 - 9 yrs.)</b>	Saturday	10:10 - 11:10 a.m.	Priestman Street School	\$5.00 Drop-in fee for members.
<b>Basketball Scrimmage (10+ yrs.)</b>	Sunday	2:30 - 3:30 p.m.	YMCA Gymnasium	\$5.00 Drop-in fee for members.

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session runs from Week of April 6 - June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## 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 - 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.

### **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.

### **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' (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</i> (No HST)
<b>Ballet (4 - 5 yrs.)</b>	Monday	6:00 - 6:45 p.m.	-
	Saturday	9:00 - 9:45 a.m.	
<b>Ballet (6+ yrs.)</b>	Monday	6:45 - 7:45 p.m.	-
	Tuesday	6:00 - 7:00 p.m.	
	Thursday	7:00 - 8:00 p.m.	
	Saturday	10:00 - 11:00 a.m.	
<b>Movin' &amp; Groovin' (4 - 5 yrs.)</b>	Wednesday	6:00 - 6:45 p.m.	-
	Sunday	1:30 - 2:00 p.m.	
<b>Movin' &amp; Groovin' (6+ yrs.)</b>	Tuesday	7:00 - 8:00 p.m.	-
	Wednesday	6:45 - 7:45 p.m.	
	Thursday	6:00 - 7:00 p.m.	
	Sunday	2:30 - 3:30 p.m.	

# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session will end the week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

To view totnastics & 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. Rolling Registration.

#### **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. Rolling Registration.

#### **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. Rolling Registration.

#### **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. Rolling Registration.

## GYMNASTICS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Fee</i>
<b>Artistic Beginner</b>	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.		
<b>Artistic Intermediate</b>	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.		
<b>Artistic Advanced</b> (2 or 3X / week)	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.		
<b>Rhythmic Beginner</b>	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 will end the week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## 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. Rolling Registration.

### **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. Rolling Registration.

### **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. Rolling Registration.

### **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. Rolling Registration.



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

### Session will end week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## MARTIAL ARTS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Additional Fee (no HST)</i>
<b>Aikido Beg./ Int./Adv. (7+ yrs.)</b>	Monday & Wednesday & Saturday	7:30 - 9:00 p.m. 7:00 - 8:30 p.m. 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. (7+ yrs.)</b>	Monday & Wednesday	6:30 - 7:30 p.m. 6:30 - 7:30 p.m.	\$50.00
<b>Karate for Teens &amp; Adults (13+ yrs.)</b>	Monday & Wednesday	7:30 - 8:30 p.m. 7:30 - 8:30 p.m.	\$50.00
<b>Muay Thai Beg. /Int. 7+ yrs.)</b>	Tuesday & Thursday & Sunday	6:00 - 7:00 p.m. 6:00 - 7:00 p.m. 10:30 - 11:30 a.m.	-
<b>Muay Thai for Teens &amp; Adults (13+ yrs.)</b>	Tuesday & Thurs. & Sun.	8:00 - 9:30 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 April 6 - Week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

## 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.

### **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 winter 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. Rolling Registration.

### **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.

## 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 6 - Week of June 15

### 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.



# YOUTH PROGRAMS (6 - 18 years)

## REGISTERED PROGRAMS

Session runs from Week of April 6 - Week of June 15

Subject to availability, child memberships include access to enrollment in our registered programs, which can include ONE swimming lesson program. If registering for 4 or more programs, an additional \$50 will apply, per program, per term. This is in addition to any applicable program fees which are specified in our program brochure.

\*Please Note - If you are enrolled in one of our rolling registration programs, this will count as 1 program each term.

### Various Sports

**\*NEW\***

#### **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.

#### **Indoor Rowing Program (10+ yrs.)**

This Indoor Rowing Program offers youth ages 10 and up an exciting introduction to the sport of rowing in a fun, safe, and supportive environment. Delivered in partnership with the Fredericton Rowing Club, the program combines expert instruction with engaging activities to help participants build confidence, fitness, and foundational rowing skills.

Participants will learn proper rowing technique using indoor rowing machines (ergometers), while developing endurance, strength, and coordination. Sessions include skill-building drills, games, and team-based challenges that promote cooperation and a sense of community.

#### **Indoor Rowing Program (13+ yrs.)**

This Indoor Rowing Program offers youth ages 13 and up an exciting introduction to the sport of rowing in a fun, safe, and supportive environment. Delivered in partnership with the Fredericton Rowing Club, the program combines expert instruction with engaging activities to help participants build confidence, fitness, and foundational rowing skills.

Participants will learn proper rowing technique using indoor rowing machines (ergometers), while developing endurance, strength, and coordination. Sessions include skill-building drills, games, and team-based challenges that promote cooperation and a sense of community.

#### **Advanced Indoor Rowing Program (selection based)**

The Advanced Indoor Rowing Program is designed for selected participants who have demonstrated strong interest, commitment, and foundational skills in rowing. Delivered in partnership with the Fredericton Rowing Club, this program provides a higher level of coaching and structured training for individuals ready to take their performance to the next level. Only selected individuals may join the Advanced Program, based on readiness, skill development, commitment, and coach recommendation. To ensure quality coaching and individualized attention, the program is limited to a maximum of 10 participants. Takes place Tuesdays & Thursdays 5:45 a.m. - 7:45 a.m. & Saturdays 1:00 p.m. - 2:30 p.m.

#### **Soccer / Futsal (6 - 9 yrs.)**

An instructor-led soccer and futsal program designed for children ages 6-9, focusing on developing fundamental skills such as dribbling, passing, shooting, and teamwork through fun drills and small-sided games. Participants will build confidence, coordination, and game awareness while learning the basic rules and strategies in a supportive and engaging environment.

#### **Soccer / Futsal (10+ yrs.)**

An instructor-led soccer and futsal program designed for participants ages 10 and up, focusing on advancing technical skills, tactical awareness, and overall game performance. Through structured drills, positional play, and competitive small-sided games, players will refine ball control, passing accuracy, shooting, and defensive strategies while building teamwork, confidence, and a deeper understanding of the game.

#### **Volleyball (6 - 9 yrs.) (10 - 12 yrs.) (13 - 16 yrs.)**

All three levels of volleyball emphasize learning the fundamental volleyball skills through engaging drills in a relaxed, fun environment. Your child will have the opportunity to develop their skills while playing in a positive and supportive atmosphere.

**\*NEW\***

# YOUTH PROGRAMS (6 - 18 years)

# REGISTERED PROGRAMS

## VARIOUS SPORTS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee (no HST)</i>
<b>Intro to Ball Hockey (6+ yrs.)</b>	Tuesday	6:45 - 7:45 p.m.	YMCA Gymnasium 570 York Street	-
<b>Ball Hockey Developmental Group (10+ yrs.)</b>	Tuesday	7:45 - 8:45 p.m.	YMCA Gymnasium 570 York Street	-
<b>Fencing - Youth I (8 - 11 yrs.)</b>	Wednesday	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 570 York Street	-
<b>Indoor Golf (10+ yrs.)</b>	Saturday	3:30 - 4:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Jr. Strength &amp; Conditioning (8 - 11 yrs.)</b>	Sunday	11:15 - 12:15 p.m.	YMCA Gymnasium 570 York Street	-
<b>Jr. Strength &amp; Conditioning (12 - 15 yrs.)</b>	Sunday	12:15 - 1:15 p.m.	YMCA Gymnasium 570 York Street	-
<b>Multisport (6 - 9 yrs.)</b>	Sunday	3:45 - 4:45 p.m.	YMCA Gymnasium 570 York Street	-
<b>Multisport (10 - 13 yrs.)</b>	Friday	5:15 - 6:15 p.m.	YMCA Gymnasium 570 York Street	-
<b>Soccer/Futsal (6 - 9 yrs.)</b>	Saturday	1:15 - 2:00 p.m.	YMCA Gymnasium 570 York Street	-
<b>Soccer/Futsal (10+ yrs.)</b>	Saturday	2:00 - 3:00 p.m.	YMCA Gymnasium 570 York Street	-
<b>Volleyball (6 - 9 yrs.)</b>	Saturday	4:45 - 5:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Volleyball (10 - 12 yrs.)</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	-
<b>Indoor Rowing (10+ yrs.)</b>	Saturday	2:30 - 3:15 p.m.	Irving Room 570 York Street	-
<b>Indoor Rowing (13+ yrs.)</b>	Saturday	3:15 - 4:00 p.m.	Irving Room 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 - 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	End Date	Additional Fee (+HST)
<b>Adult Beginner (16+ yrs.)</b>	Mon.	7:05 - 7:50 p.m.	June 15	\$50 / Member \$120 / Non-Member
	Tues.	6:45 - 7:30 p.m.	June 16	
	Thurs.	7:05 - 7:50 p.m.	June 18	
<b>Adult Int. /Adv. (16+ yrs.)</b>	Thurs.	7:05 - 7:50 p.m.	June 18	\$50 / Member \$120 / Non-Member
<b>Teen Beginner (13 - 16 yrs.)</b>	Tues.	5:55 - 6:40 p.m.	June 16	\$50 / Member \$120 / Non-Member
<b>Teen Int./Adv. (13 - 16 yrs.)</b>	Wed.	7:05 - 7:50 p.m.	June 17	\$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	End Date	Additional Fee (+HST)
<b>Aikido (Youth/Teens/Adults)</b>	Mon.	7:30 - 9:00p.m.	June 20	-
	Wed.	7:00 - 8:30 p.m.		
	Sat.	8:00 - 9:30 a.m.		
<b>Karate (13+ yrs.) (Teens &amp; Adults)</b>	Mon.	7:30 - 8:30 p.m.	June 17	\$50.00
	Wed.	7:30 - 8:30 p.m.		
<b>Muay Thai (13+ yrs.) (Teens &amp; Adults)</b>	Mon.	8:00 - 9:30 p.m.	June 21	-
	Thurs.	8:00 - 9:30 p.m.		
	Fri.	7:00 - 8:30 p.m.		
	Sun.	11:30 - 1:00 p.m.		

**Rowing** Please visit pages 26 & 27 to learn more about Rowing for those 13 + yrs.