



SUMMER PROGRAMS

Session runs from Week of June 29 - Week of August 24

Registration opens on
Friday, June 19

Starting at 7:00 a.m.

ONLINE



Shine On 

Updated June 2

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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 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)

Individual Membership

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

Family Memberships

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



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

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

Contact Us & Hours of Operation

Fredericton South YMCA

570 York Street
 Phone: (506) 462 - 3000 ext. 0
 Email: info@ymcafredericton.org
 Website: 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

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



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 Information



SUMMER 2026

Online registration will open at 7:00 a.m.
on Friday, June 19

Term runs from the
WEEK OF JUNE 29 - WEEK OF AUGUST 24



Mark Your Calendar:

Last Day of Summer Term
Sunday, August 30
Registration for Fall Term
Friday, August 28

NO REGISTERED PROGRAMS

Canada Day

Wednesday, July 1:
570 York Street | 8:00 a.m. - 4:00 p.m.
605 Cliffe Street | CLOSED

New Brunswick Day Long Weekend

Saturday, August 1: No Registered Programs
Sunday, August 2: No Registered Programs
Monday, August 3: No Registered Programs
570 York Street | 8:00 a.m. - 4:00 p.m.
605 Cliffe Street | CLOSED

CHILD SAFEGUARDING POLICY (6 Months - 12 Years Old)

All children under the age of 12 must be signed in and out of all registered programs by a parent/guardian (16+).

For children 9 years and younger, a parent/guardian (16 yrs.+) MUST stay present (on deck/in classroom) for the entire program.

For children 10 – 11 years, a parent/guardian (16 yrs.+) MUST accompany them to and from all registered programs.

Children 12 yrs.+ can attend registered programs without a parent/guardian

AQUATICS

REGISTERED PROGRAMS

YMCA Preschool Swimming Lessons

Swimming lessons run the week of June 29 - week of August 24

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.

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.

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.

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.

Floaters (3 - 5 yrs.)

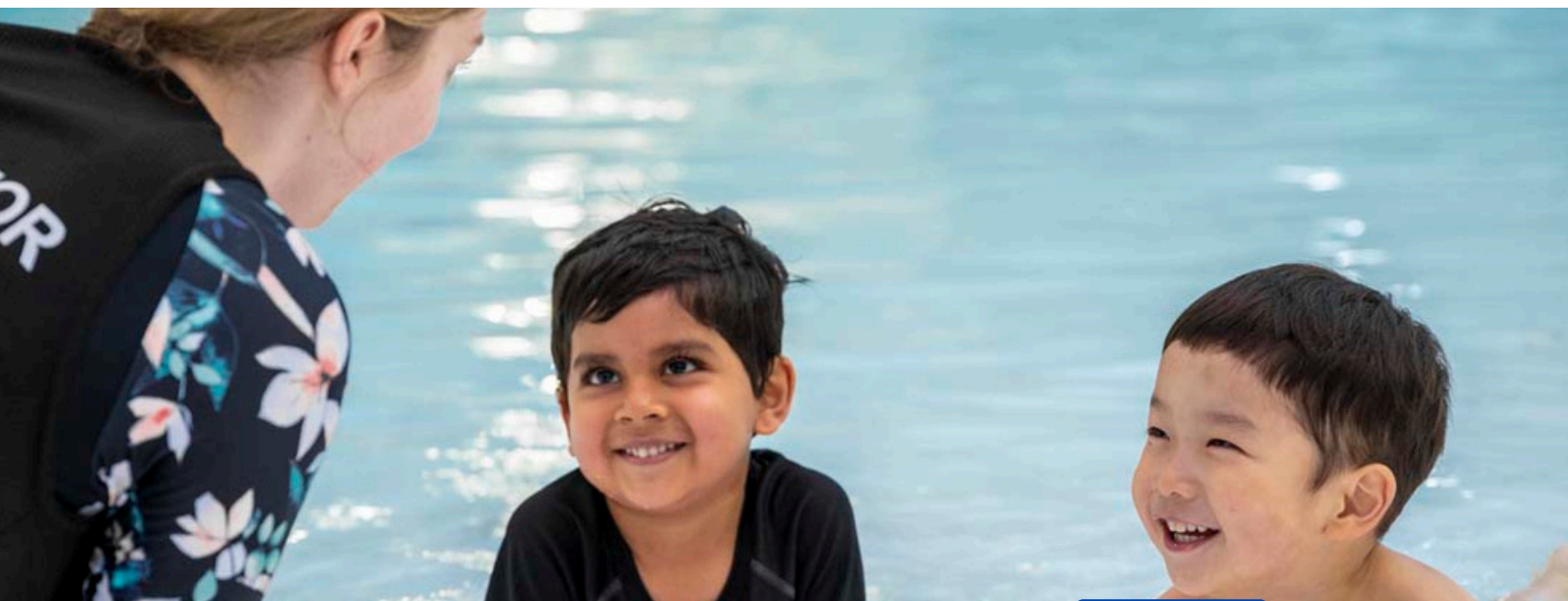
Child learns pool rules and is comfortable entering and exiting the pool on their own. Instruction covers skills such as swimming 10m, wearing a personal floatation device (PFD), assisted jumps into the water, retrieving objects, and unassisted front and back floats and bobs.

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.

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 run the week of June 29 - week of August 24

SWIMMING LESSON SCHEDULE

<i>Level</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Splashers (6 - 18 mo.)		4:30 - 5:00 p.m.	4:30 - 5:00 p.m.	4:30 - 5:00 p.m.
Bubblers (19 mo. - 2 yrs.)	4:30 - 5:00 p.m.	4:30 - 5:00 p.m.		4:30 - 5:00 p.m.
Bobbers (3 - 5 yrs.)	4:30 - 5:00 p.m. 5:05 - 5:35 p.m.	5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	4:30 - 5:00p.m 5:05 - 5:35 p.m.	5:05 - 5:35 p.m. 5:40 - 6:10 p.m.
Floaters (3 - 5 yrs.)	5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	5:40 - 6:10 p.m.	5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	5:05 - 5:35 p.m. 5:40 - 6:10 p.m. 6:15 - 6:45 p.m.
Gliders (3 - 5 yrs.)	5:05 - 5:35 p.m. 5:40 - 6:10 p.m.	6:15 - 6:45 p.m.	4:30 - 5:00 p.m.	5:05 - 5:35 p.m. 6:15 - 6:45p.m.
Divers (3 - 5 yrs.)			4:30 - 5:00 p.m.	5:05 - 5:35 p.m. 6:50 - 7:20 p.m.
Surfers (3 - 5 yrs.)		4:30 - 5:00 p.m.		
Jumpers (3 - 5 yrs.)		4:30 - 5:00 p.m.		

Swim Lesson Notes:

- No lessons on Canada Day July 1 | New Brunswick Day Weekend (August 1 - 3)
- Not sure of your child's swimming level? Please email kathleen.kowalchuk@ymcafredericton.org to book an assessment.
- Progress reports are available online at [SWIMGEN](#).
- Use your YMCA member ID to log on.

Child Safeguarding Policy (6 months - 12 years old):

- 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 run the week of June 29 - week of August 24

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.

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 yrs.)

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 yrs.)

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 yrs.)

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 yrs.)

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 run the week of June 29 - week of August 24

SWIMMING LESSON SCHEDULE

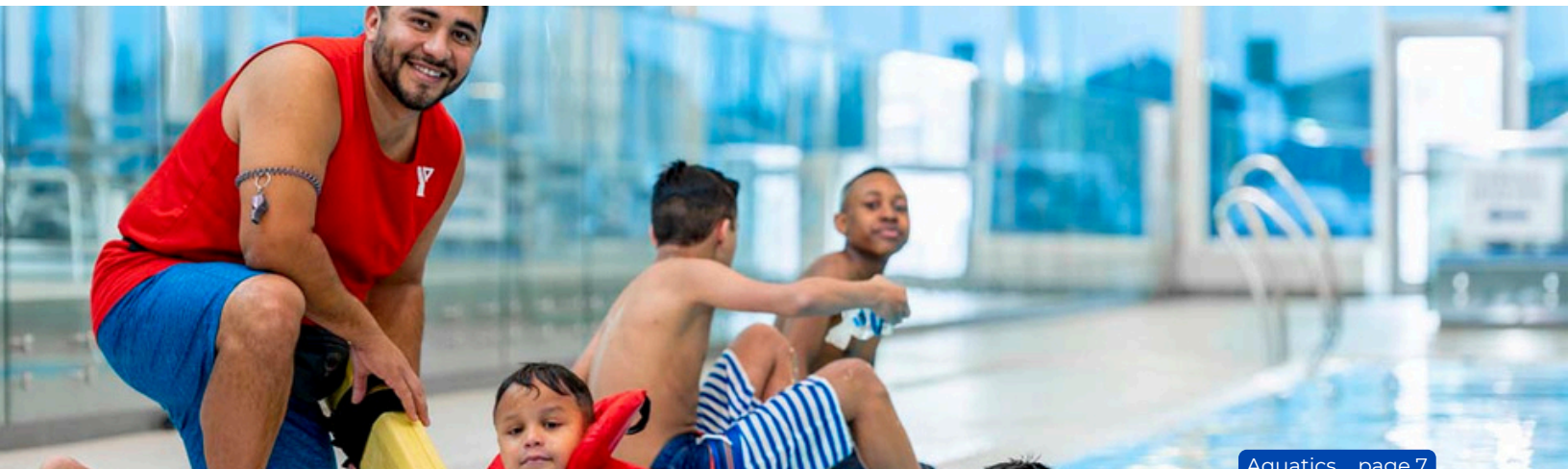
<i>Level</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Otter (6 - 12 yrs.)	4:30 - 5:00 p.m. 5:05 - 5:35 p.m.	5:05 - 5:35 p.m. 5:40 - 6:10 p.m.	5:05 - 5:35 p.m.	4:30 - 5:00 p.m. 5:40 - 6:10 p.m.
Seal (6 - 12 yrs.)	5:05 - 5:35 p.m. 5:40 - 6:10 p.m.	5:40 - 6:10 p.m.	5:05 - 5:35 p.m. 6:15 - 6:45 p.m.	4:30 - 5:00 p.m. 5:40 - 6:10 p.m. 6:50 - 7:20 p.m.
Dolphin (6 - 12 yrs.)	5:40 - 6:10 p.m. 6:50 - 7:20 p.m.	6:15 - 6:45 p.m. 6:50 - 7:20 p.m.	5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	6:15 - 6:45 p.m.
Swimmer (6 - 12 yrs.)	6:15 - 6:45 p.m.	6:15 - 6:45 p.m.	5:40 - 6:10 p.m. 6:15 - 6:45 p.m.	

Swim Lesson Notes:

- No Lessons on Canada Day, July 1 | New Brunswick Day Weekend (August 1 - 3)
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- Progress reports are available online at [SWIMGEN](#).
- Use your YMCA member ID to log on.

Child Safeguarding Policy (6 months - 12 years old):

- 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.
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- Children 12+ years can attend Aquatics registered programs (ie swimming lessons) without a parent/guardian.



Youth Swimming Lessons

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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 yrs.)

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 yrs.)

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 yrs.)

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 yrs.)

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 yrs.)

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 yrs.)

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.



Swimming lessons run the week of June 29 - week of August 24

SWIMMING LESSON SCHEDULE

<i>Level</i>	<i>Mon.</i>	<i>Tues.</i>	<i>Wed.</i>	<i>Thurs.</i>
Star 1 (6 - 12 yrs.)	6:50 - 7:35 p.m.	6:50 - 7:35 p.m.		6:50 - 7:35 p.m. 7:25 - 8:10 p.m.
Star 2 (6 - 12 yrs.)		6:50 - 7:35 p.m.		6:50 - 7:35 p.m.
Star 3 (6 - 12 yrs.)	6:50 - 7:35 p.m.		6:50 - 7:35 p.m.	
Star 4 (6 - 12 yrs.)			6:50 - 7:35 p.m.	
Star 5 (6 - 12 yrs.)				7:40 - 8:40 p.m.
Star 6 (6 - 12 yrs.)			7:40 - 8:40 p.m.	

Swim Lesson Notes:

- No lessons on Canada Day, July 1 | New Brunswick Day Weekend (August 1 - 3)
- Not sure of your child's swimming level? Please email kathleen.kowalchuk@ymcafredericton.org to book an assessment.
- Progress reports are available online at SWIMGEN. Use your YMCA member ID to log on.

Child Safeguarding Policy (6 months - 12 years old):

- 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+ 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.

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)
Bronze Star (10 - 12 yrs.)	Wed.	7:40 - 8:25 p.m.	July 8 - Aug. 26	\$50.00
Bronze Medallion with Intermediate First Aid (13+ yrs.)				
Intermediate First Aid	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	July 4 July 5	\$200.00
Bronze Medallion	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 4:30 p.m. 10:30 - 8:00 p.m.	July 10 July 11 July 12	
Bronze Cross (13+ yrs.)	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 7:00 p.m. 8:30 - 8:30 p.m.	July 24 July 25 July 26	\$175.00
National Lifeguard Pool (15+ yrs.)	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 6:30 p.m. 8:30 - 6:30 p.m.	Aug. 14 Aug. 15 Aug. 16	\$250.00
	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 7:30 p.m. 8:30 - 9:00 p.m.	Aug. 21 Aug. 22 Aug. 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.*

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

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

Teen Beginner (13 - 15 yrs.)

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

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

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

<i>Course</i>	<i>Day</i>	<i>Time</i>	<i>Additional Fee (+HST)</i>
Adult Beginner (16+ yrs.)	Mon. Tues.	6:50 - 7:35 p.m. 6:60 - 7:35 p.m.	\$50.00 members / \$120 non-members
Adult Int./Adv. (16+ yrs.)	Thurs.	7:40 - 8:25 p.m.	\$50.00 members / \$120 non-members
Teen Beginner (13 - 15 yrs.) & Teen Int./Adv. (13 - 15 yrs.)	Wed.	6:50 - 7:35 p.m.	\$50.00 members / \$120 non-members

Health & Safety Courses

Intermediate First Aid (12+ yrs.)

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*

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*

<i>Course</i>	<i>Day</i>	<i>Time</i>	<i>Date(s)</i>	<i>Additional Fee (+HST)</i>
Intermediate First Aid (12+ yrs.)	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	Aug. 8 Aug. 9	\$125.00
Babysitter Training Course (12 - 16 yrs.)	Sat.	8:30 - 6:30 p.m.	July 18	\$55.00



Shine On

Course will run August 21 - 23



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 June 29 - August 24

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 refer to the Child Safeguarding Policy (6 months - 12 years old) on page 4.

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.

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.

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)

PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>
Ballet (4 - 5 yrs.)	Saturday	9:00 - 9:45 a.m.	YMCA at 570 York Street
Movin' & Groovin' (4 - 5yrs.)	Saturday	11:00 - 11:45 a.m.	YMCA at 570 York Street
Play & Swim (2 - 5 yrs.) (Parent - Child)	Saturday Saturday Sunday Sunday	9:15 - 10:15 a.m. 9:45 - 10:45 a.m. 10:00 - 11:00 a.m. 10:30 - 11:30 a.m.	YMCA at 570 York Street
Rhythmic Gymnastics (4 - 5 yrs.)	Saturday	2:00 - 2:45 p.m.	YMCA at 570 York Street



YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs week of June 29 - week of August 24

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. [Refer to Child Safeguarding p. 4.](#)

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.

Ballet (6+ yrs.)

Learn basic ballet positions and classical movements along with barre work, strength and grace.

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 for Teens & Adults (13+ yrs.)

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

Movin' & Groovin' (6+ yrs.)

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

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.

Rhythmic Gymnastics (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.

PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>
Aikido Beg./ Int./ Adv. (7+ yrs.)	Monday & Wednesday & Saturday	7:30 - 9:00 p.m. 7:00 - 8:30 p.m. 8:00 - 9:30 a.m.	570 York Street
Ballet (6+ yrs.)	Saturday	10:00 a.m. - 11:00 a.m.	570 York Street
Movin' & Groovin' (6+ yrs.)	Saturday	1:00 - 2:00 p.m.	570 York Street
Muay Thai Beg. (7+ yrs.)	Tuesday & Thursday & Friday	6:00 - 7:00 p.m. 6:00 - 7:00 p.m. 6:00 - 7:00 p.m.	570 York Street
Muay Thai (Beg. / Int./Adv. Teens & Adults (7+ yrs.)	Tuesday & Thursday & Friday	7:00 - 8:30 p.m. 7:00 - 8:30 p.m. 7:00 - 8:30 p.m.	570 York Street
Rhythmic Gymnastics (6+ yrs.)	Saturday	3:00 - 4:30 p.m.	570 York Street