

FALL 2020



175
YEARS 

Online registration starts at 7:00 a.m.
on Friday, August 28

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Membership Information

Enjoy all the inclusive benefits of a Y Membership TODAY!

- Access to YMCA South & Fredericton North
- Access to YMCA facilities across Canada
- Over 60 complimentary drop-in programs
- Personal weight training consultation
- Member appreciation events
- Discounted rates for specialty programs

- Early Years and Youth Memberships include 3 registered programs
- 15% discount at herc's Nutrition Fredericton
- A free classic lemonade at the Squeeze with purchases over \$20.00
- 10% discount at Simply For Life

Membership Rates

Membership

Bi-Weekly (+HST)

Individual Membership

0 - 14 yrs.	\$25.99 (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



FALL 2026

Online registration will open at 7:00 a.m. on Friday, August 28
Term runs from the WEEK OF SEPTEMBER 14 - WEEK OF NOVEMBER 23

Child Safeguarding Policy

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

Rolling Registration

Rolling Registration allows members to move through the levels in our programs at their own pace and without the interruption of new term registration. Moreover, new members can join the classes throughout the year without having to wait for new seasonal sessions. Participants will be automatically enrolled until the end of the Spring Session and any fees associated with programming will be automatically charged on Jan. 1 (Winter Term) and April 1 (Spring Term).

Rolling Registration Programs

- Basketball
- Gymnastics
- Martial Arts
- Swimming Lessons
- Squash

Wait List Best Practices for Swimming Lessons

If your preferred swim lesson is full, you can add your child to our waitlist. The waitlist is refreshed each year before Fall programming to keep it current. When a spot becomes available, an Aquatics team member will contact you by phone. Please ensure your contact information is up to date. If we can't reach you, we'll leave a voicemail asking you to respond as soon as possible. After three unsuccessful contact attempts, or if you decline three offered class times, your child will be removed from the waitlist. You are welcome to join the waitlist again at any time. If you no longer wish to remain on the waitlist, please contact the Aquatics Manager to have your child's name removed.

No Registered Programs on these dates:

National Day for Truth and Reconciliation

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

Thanksgiving Weekend

Saturday, October 10 & Sunday, October 11
570 York Street | 7:00 a.m. - 8:00 p.m.
605 Cliffe Street | 8:00 a.m. - 6:00 p.m.

Thanksgiving Day

Monday, October 12
570 York Street | 8:00 a.m. - 4:00 p.m.
605 Cliffe Street | CLOSED

Cycle for Kids

Saturday, October 24
NO fitness classes or Youth Programs between 7:00 a.m. - 4:00 p.m.
Swimming Lessons follow the usual schedule.

Remembrance Day

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

Mark your calendar:

Last Day of Fall Term
Sunday, November 29

Registration for Winter Term
Friday, December 11

AQUATICS

REGISTERED PROGRAMS

YMCA Preschool Swimming Lessons

Swimming lessons will begin the week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to child safeguarding policy.](#)

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

[YMCA Preschool Swimming Lessons - Parent & Tot | 6 months - 2 years](#)

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.

The next 6 levels in YMCA Preschool Swim Lessons have children participate in a swimming level without their parents.

[YMCA Preschool Swimming Lessons | 3 - 5 years](#)

Bobbers (3 - 5 yrs.)

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

Floaters (3 - 5 yrs.)

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

Gliders (3 - 5 yrs.)

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

Divers (3 - 5 yrs.)

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

Surfers (3 - 5 yrs.)

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

Jumpers (3 - 5 yrs.)

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



AQUATICS

REGISTERED PROGRAMS

YMCA Preschool Swimming Lessons

Swimming lessons will begin the week of September 14

SWIMMING LESSON SCHEDULE

Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
Splashers (6 - 18 mo.)	4:45 - 5:15 p.m.		5:20 - 5:50 p.m.		9:00 - 9:30 a.m.	11:15 - 11:45 a.m.
Bubblers (19 mo. - 2 yrs.)	4:45 - 5:15 p.m.		5:20 - 5:50 p.m.		9:00 - 9:30 a.m.	11:15 - 11:45 a.m.
Bobbers (3 - 5 yrs.)	5:20 - 5:50 p.m. 5:55 - 6:25 p.m.	4:45 - 5:15 p.m. 5:20 - 5:50 p.m.	4:45 - 5:15 p.m. 5:55 - 6:25 p.m.	4:45 - 5:15 p.m. 5:20 - 5:50 p.m.	9:35 - 10:05 a.m. 10:10 - 10:40 a.m.	11:50 - 12:20 p.m. 12:25 - 12:55 p.m. 1:35 - 2:05 p.m.
Floater (3 - 5 yrs.)	5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	4:45 - 5:15 p.m. 5:20 - 5:50 p.m.	4:45 - 5:15 p.m. 6:30 - 7:00 p.m.	4:45 - 5:15 p.m. 5:20 - 5:50 p.m. 5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	9:35 - 10:05 a.m. 10:10 - 10:40 a.m. 10:45 - 11:15 a.m.	11:50 - 12:20 p.m. 12:25 - 12:55 p.m. 1:00 - 1:30 p.m.
Gliders (3 - 5 yrs.)	5:20 - 5:50 p.m. 6:30 - 7:00 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. 11:20 - 11:50 a.m.	11:50 - 12:20 p.m. 1:00 - 1:30 p.m.
Divers (3 - 5 yrs.)		5:20 - 5:50 p.m.	5:20 - 5:50 p.m.		10:05 - 10:35 a.m.	11:50 - 12:20 p.m.
Surfers (3 - 5 yrs.)	5:55 - 6:25 p.m.		5:55 - 6:25 p.m.			
Jumpers (3 - 5 yrs.)	5:55 - 6:25 p.m.			5:55 - 6:25 p.m.		

Swim Lesson Notes:

- No lessons on September 30 | October 10, 11 & 12 | November 11
- 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 login.
- Have you taken lessons elsewhere? Please refer to our [Conversion Chart](#).

Did you
know we
offer private
lessons?

Private & Semi-Private Swimming Lessons:

Private swim lessons are a great resource for swimmers who may need extra one-on-one support. Youth who may find themselves having difficulty succeeding in group lessons for varying reasons will find the assistance they require in private lessons. 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.](#)

Price: \$22+HST/lesson (Member) or \$35+HST/lesson (Non-member)

AQUATICS

REGISTERED PROGRAMS

Youth Swimming Lessons

Swimming lessons will begin the week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to child safeguarding policy.](#)

[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.



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SWIMMING LESSON SCHEDULE

Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
Otter (6 - 12 yrs.)	6:30 - 7:00 p.m.	5:55 - 6:25 p.m.	5:20 - 5:50 p.m. 5:55 - 6:25 p.m.	5:20 - 5:50 p.m. 5:55 - 6:25 p.m.	10:40 - 11:10 a.m. 10:45 - 11:15 a.m. 12:05 - 12:35 p.m.	11:15 - 11:45 a.m. 12:25 - 12:55 p.m.
Seal (6 - 12 yrs.)	6:30 - 7:00 p.m.	5:55 - 6:25 p.m.	4:45 - 5:15 p.m. 5:55 - 6:25 p.m. 6:30 - 7:00 p.m.	6:30 - 7:00 p.m. 5:55 - 6:25 p.m.	11:55 - 12:25 p.m. 12:05 - 12:35 p.m.	11:15 - 11:45 a.m. 1:00 - 1:30 p.m.
Dolphin (6 - 12 yrs.)	7:05 - 7:35 p.m.	6:30 - 7:00 p.m. 7:05 - 7:35 p.m.	6:30 - 7:00 p.m.	6:30 - 7:00 p.m. 7:05 - 7:35 p.m.	12:40 - 1:10 p.m.	
Swimmer (6 - 12 yrs.)	7:05 - 7:35 p.m.	6:30 - 7:00 p.m. 7:05 - 7:35 p.m.	7:05 - 7:35 p.m.	6:30 - 7:00 p.m. 7:05 - 7:35 p.m.	12:40 - 1:10 p.m.	2:10 - 2:40 p.m.

Swim Lesson Notes:

- No lessons on September 30 | October 10, 11 & 12 | November 11
- Not sure of your child's swimming level? Please email kathleen.kowalchuk@ymcafredericton.org to book an assessment.
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Youth Swimming Lessons

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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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to child safeguarding policy.](#)

[YMCA Star Lessons | 6 - 12 years](#)

The YMCA Star Program is a series of four lessons for those who have mastered basic swimming skills focuses on technique, stroke development and endurance. During the Star Program, your child will have the opportunity to build new relationships and explore other facets of aquatics, like competitive swimming, water sports, and Aquafit classes.

Star 1 (6 - 12 years)

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

Star 2 (6 - 12 years)

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

Star 3 (6 - 12 years)

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

Star 4 (6 - 12 years)

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

Star 5 (10 - 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 (10 - 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

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SWIMMING LESSON SCHEDULE

Level	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
Star 1 (6 - 12 yrs.)		5:55 - 6:40 p.m.		7:05 - 7:50 p.m.	11:20 - 12:05 p.m.	1:35 - 2:20 p.m.
Star 2 (6 - 12 yrs.)	7:05 - 7:50 p.m.			7:05 - 7:50 p.m.	11:15 - 12:00 p.m.	1:35 - 2:20 p.m.
Star 3 (6 - 12 yrs.)		7:40 - 8:25 p.m.			11:15 - 12:00 p.m.	
Star 4 (6 - 12 yrs.)	7:40 - 8:25 p.m.	7:40 - 8:25 p.m.				
Star 5 (10 - 12 yrs.)			7:05 - 7:50 p.m.			
Star 6 (10 - 12 yrs.)			7:05 - 7:50 p.m.			

Swim Lesson Notes:

- No lessons on September 30 | October 10, 11 & 12 | November 11
- 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 login.
- Have you taken lessons elsewhere? Please refer to our [Conversion Chart](#).

Did you
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Private & Semi-Private Swimming Lessons:

Private swim lessons are a great resource for swimmers who may need extra one-on-one support. Youth who may find themselves having difficulty succeeding in group lessons for varying reasons will find the assistance they require in private lessons. 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.](#)

Price: \$22+HST/lesson (Member) or \$35+HST/lesson (Non-member)

Additional Lessons & Clubs

Additional Lessons for Adults & Teens

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 basic techniques for the beginner stroke standards of front crawl and back crawl. This level is appropriate for anyone uncomfortable in deep water and wanting to learn the basics of supporting oneself without a PFD.

Prerequisite: 16 years old. 45-minute lessons.

Adult Intermediate (16+ yrs.)

Designed to continue development and confidence in the water. Participants will be introduced to deep water swimming and gain confidence with dives, bilateral breathing, and elementary backstroke. Instructors will continue to facilitate the development of front crawl and back crawl to an intermediate standard. This level is appropriate for anyone learning the basics of swimming in deeper water without a PFD.

Prerequisite: 16+ years old. Participants should be comfortable in deep water and be able to swim at least 25m unassisted/without PFD. 45-minute lessons.

Adult Advanced (16+ yrs.)

Designed to improve your swimming strokes and build on your skills. Participants will fine-tune their front crawl and back crawl while working towards an intermediate standard of elementary backstroke and breaststroke. Sidestroke will also be introduced. Participants additionally will gain lifesaving knowledge and will be tested on object recovery and eggbeater. This level is appropriate for those more confident in their swimming skills and want to challenge themselves to swimming longer distances (up to 300m).

Prerequisite: 16+ years old. Participants should be fully confident in deep water and be able to swim at least 100m unassisted/without PFD. 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 basic techniques for the beginner stroke standards of front crawl and back crawl. This level is appropriate for anyone uncomfortable in deep water and wanting to learn the basics of supporting oneself without a PFD.

Prerequisite: 13 - 15 years old. 45-minute lessons.

Teen Intermediate (13 - 15 yrs.)

Designed to continue development and confidence in the water. Participants will be introduced to deep water swimming and gain confidence with dives, bilateral breathing, and elementary backstroke. Instructors will continue to facilitate the development of front crawl and back crawl to an intermediate standard. This level is appropriate for anyone learning the basics of swimming in deeper water without a PFD.

Prerequisite: 13-15 years old. Participants should be comfortable in deep water and be able to swim at least 25m unassisted/without PFD. 45-minute lessons.

Teen Advanced (13 - 15 yrs.)

Designed to improve your swimming strokes and build on your skills. Participants will fine-tune their front crawl and back crawl while working towards an intermediate standard of elementary backstroke and breaststroke. Sidestroke will also be introduced. Participants additionally will gain lifesaving knowledge and will be tested on object recovery and eggbeater. This level is appropriate for those more confident in their swimming skills and want to challenge themselves to swimming longer distances (up to 300m).

Prerequisite: 13-15 years old. Participants should be fully confident in deep water and be able to swim at least 100m unassisted/without PFD.

Ignite Swim Team

Please see the [Ignite Performance Page](#) for a full description and schedules.

Additional Lessons for Adults & Teens

SWIMMING LESSON SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Date(s)</i>	<i>Additional Fee (+HST)</i>
Adult Beginner (16 yrs.+)	Tuesday	6:45 - 7:30 p.m.	Sept. 15 - Nov. 24	\$50 for members / \$120 for non-members
Adult Intermediate (16 yrs.+)	Monday	7:40 - 8:25 p.m.	Sept. 14 - Nov. 23	\$50 for members / \$120 for non-members
Adult Advanced (16 yrs.+)	Thursday	7:40 - 8:25 p.m.	Sept. 17 - Nov. 26	\$50 for members / \$120 for non-members
Teen Beginner (13 - 15 yrs.)	Tuesday	5:55 - 6:40 p.m.	Sept. 15 - Nov. 24	\$50 for members / \$120 for non-members
Teen Intermediate (13 - 15 yrs.)	Thursday	7:40 - 8:25 p.m.	Sept. 17 - Nov. 26	\$50 for members / \$120 for non-members
Teen Advanced (13 - 15 yrs.)	Wednesday	7:05 - 7:50 p.m.	Sept. 16 - Nov. 25	\$50 for members / \$120 for 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 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.)	Saturday Sunday	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	Nov. 7 Nov. 8	\$125.00
Babysitter Training Course (12 - 16 yrs.)	Saturday Saturday	8:30 - 6:30 p.m. 8:30 - 6:30 p.m.	Oct. 3 Nov. 28	\$55.00 \$55.00

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)
Bronze Star (10 - 12 yrs.)	Tues.	6:45 - 7:30 p.m.	Sept. 15 - Nov. 24	\$50.00
Intermediate First Aid (13+ yrs.)	Sat. Sun.	8:00 - 5:30 p.m. 8:00 - 5:30 p.m.	Sept. 19 Sept. 20	\$200.00
Bronze Medallion (13+ yrs.)	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 4:30 p.m. 10:30 - 8:00 p.m.	Sept. 25 Sept. 26 Sept. 27	
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.	Oct. 16 Oct. 17 Oct. 18	\$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.	Nov. 13 Nov. 14 Nov. 15	\$250.00
	Fri. Sat. Sun.	6:00 - 9:45 p.m. 8:30 - 7:30 p.m. 8:30 - 9:00 p.m.	Nov. 20 Nov. 21 Nov. 22	

Lifesaving Instructor Course

Description: The Lifesaving Instructor Course prepares instructors to teach the Lifesaving Society's: Canadian Swim Patrol Program, Bronze Star, Bronze Medallion, Bronze Cross, Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C. If you would like to begin your journey to teaching youth how to become lifesavers, this is your first step.

Perquisites: Minimum 15 years of age and Bronze Cross certification (need not be current).

Dates and Times:

Friday Oct 30 5:30pm - 9:30pm

Saturday Oct 31 9:00am - 6:30pm

Sunday Nov 1 9:00am - 6:30pm

Cost: \$200 + HST

First Aid Instructor

Description: The Lifesaving Society First Aid Instructor course prepares candidates to teach first aid courses up to and including Workplace Standard First Aid. Current First Aid Instructors may teach and certify Basic and Emergency First Aid, CPR-A,-B,-C and AED. They may teach (but not certify) Standard First Aid candidates. Examiners certification is required to certify Standard First Aid candidates.

Perquisites: Minimum 16 years of age, Workplace Standard First Aid certification (need not be current).

Dates and Times:

Saturday Nov 28 8:00am - 7:00pm

Sunday Nov 29 8:00am - 7:00pm

Cost: \$175 + HST

EARLY YEARS (0 - 5 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. Programs at the Nashwaaksis Fieldhouse require a membership that can be purchased online. Please refer to the child safeguarding Policy.

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. Rolling Registration.*

Learn to Play Multisport (4 - 5 yrs.)

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

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. Rolling Registration*

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!

YMCA Kinder Club (2 - 5 yrs.)

An instructor-led, parent-assisted program which 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!

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.)

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

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

Parent-led, instructor-assisted exploration of movement in areas such as rolling, tumbling and balancing. This program serves as an early introduction to gymnastics. *Location: Nashwaaksis Field House at 324 Fulton Ave. Rolling Registration.*

EARLY YEARS (0 - 5 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee</i>
*Artistic Kindernastics (4 - 5 yrs.)	Tuesday Wednesday Sunday	5:00 - 5:45 p.m. 5:00 - 5:45 p.m. 10:40 - 11:25 a.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$56.25
Ballet (4 - 5 yrs.)	Monday Tuesday Saturday	6:00 - 6:45 p.m. 6:00 - 6:45 p.m. 9:00 - 9:45 a.m.	Jones Room	
Learn to Play Multisport (4 - 5 yrs.)	Monday Saturday	5:00 - 5:45 p.m. 11:30 - 12:15 p.m.	YMCA Gymnasium	
Learn to Play Soccer / Futsal (4 - 5 yrs.)	Saturday	12:15 - 1:00 p.m.	YMCA Gymnasium	
Movin' & Groovin' (4 - 5 yrs.)	Wednesday Thursday Sunday	6:00 - 6:45 p.m. 6:00 - 6:45 p.m. 1:30 - 2:15 p.m.	Jones Room	
Play & Swim (6 mo. - 2 yrs.) (Parent - Child)	Saturday Sunday	10:45 - 11:45 a.m. 1:00 - 2:00 p.m.	Pool & Play Structure	
Play & Swim (3 - 5 yrs.) (Parent - Child)	Saturday Sunday	11:15 - 12:15 p.m. 1:30 - 2:30 p.m.	Pool & Play Structure	
Rhythmic Kindernastics (4 - 5 yrs.)	Sunday	10:40 - 11:25 a.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$56.25
Run, Jump, Throw, Play (3 - 5 yrs.)	Monday Saturday	5:45 - 6:30 p.m. 10:45 - 11:30 a.m.	YMCA Gymnasium	
*Totnastics (2 - 3 yrs.) (Parent - Child)	Saturday Sunday	10:05 - 10:35 a.m. 10:05 - 10:35 a.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	
YMCA Kinder Club (2 - 5 yrs.)	Monday	10:00 - 10:45 a.m.	Jones Room	

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. These classes take place at the YMCA at 570 York Street unless stated otherwise. [Please refer to the child safeguarding policy.](#)

Ball 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+.

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.

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.

Volleyball (6 - 9 yrs.)

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

Volleyball (13 - 16 yrs.)

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

Ball Hockey Developmental Group (10+ yrs.)

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+.

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.

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 (10 - 12 yrs.)

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



YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. These classes take place at the YMCA at 570 York Street unless stated otherwise. Please refer to the child safeguarding policy.

BALL SPORTS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee (no HST)</i>
Intro to Ball Hockey (6+ yrs.)	Friday	5:15 - 6:15 p.m.	YMCA Gymnasium 570 York Street	
Ball Hockey Developmental Group (10+ yrs.)	Friday	6:15 - 7:15 p.m.	YMCA Gymnasium 570 York Street	
Multisport (6 - 9 yrs.)	Sunday	4:15 - 5:00 p.m.	YMCA Gymnasium 570 York Street	
Multisport (10 - 13 yrs.)	Friday	7:15 - 8:15 p.m.	YMCA Gymnasium 570 York Street	
Soccer / Futsal (6 - 9 yrs.)	Saturday	1:15 - 2:00 p.m.	YMCA Gymnasium 570 York Street	
Soccer / Futsal (10+ yrs.)	Saturday	2:00 - 3:00 p.m.	YMCA Gymnasium 570 York Street	
Volleyball (6 - 9 yrs.)	Saturday	5:00 - 5:45 p.m.	YMCA Gymnasium 570 York Street	
Volleyball (10 - 12 yrs.)	Saturday	5:45 - 6:45 p.m.	YMCA Gymnasium 570 York Street	
Volleyball (13 - 16 yrs.)	Saturday	6:45 - 7:45 p.m.	YMCA Gymnasium 570 York Street	



YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session begins the week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to the Child safeguarding Policy.](#) NOTE: There is an additional \$55.00 fee for basketball. Participants enrolled in a basketball program will roll into the winter session of registered programs. Participants in the scrimmage group pay a \$5 drop-in fee.

Basketball

To help participants register in the correct program, we will be offering an assessment clinic on the following days.

Program	Day	Time	Location
U10 Recreational & Developmental	Monday August 31 Wednesday, September 2	5:00 - 6:00 p.m.	YMCA Gymnasium
U10+ Recreational & Developmental & Ignite Competitive	Monday August 31 Wednesday, September 2	6:00 - 7:00 p.m.	YMCA Gymnasium

Basketball Level 1/ Fundamentals (6 - 9 yrs.)

This introductory recreational basketball program is designed for children who are new to the game or still developing their basic skills. In a fun, supportive, and inclusive environment, participants will learn fundamental basketball skills such as dribbling, passing, catching, shooting, movement, and basic defensive positioning.

Through engaging drills, play-based activities, and modified games, children will also develop an understanding of basic game rules, teamwork, sportsmanship, and confidence on the court.

The program follows the Long-Term Development in Sport and Physical Activity model, with a focus on physical literacy, age-appropriate skill progression, and building a lifelong enjoyment of basketball and active living.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Required ball size: Size 5 for ages 6–9

Basketball Level 1/ Fundamentals (10 - 16 yrs.)

This introductory recreational basketball program is designed for children who are new to the game or still developing their basic skills. In a fun, supportive, and inclusive environment, participants will learn fundamental basketball skills such as dribbling, passing, catching, shooting, movement, and basic defensive positioning.

Through engaging drills, play-based activities, and modified games, children will also develop an understanding of basic game rules, teamwork, sportsmanship, and confidence on the court.

The program follows the Long-Term Development in Sport and Physical Activity model, with a focus on physical literacy, age-appropriate skill progression, and building a lifelong enjoyment of basketball and active living.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Required ball size:

Size 7 for ages 13+ (men's basketball)

Basketball Level 2 / Skills Development (6 - 9 yrs.)

This recreational basketball program is designed for children who have some basic experience with the game and are ready to build on their foundational skills. In a fun, supportive, and inclusive environment, participants will continue developing core basketball skills such as dribbling, passing, catching, shooting, movement, and defensive positioning, with an increased focus on control, consistency, and decision-making.

Through structured drills, small-sided games, and skill-based activities, participants will deepen their understanding of game rules, spacing, teamwork, and basic offensive and defensive strategies. Emphasis is placed on improving confidence, game awareness, and the ability to apply skills in game-like situations.

The program follows the Long-Term Development in Sport and Physical Activity model, focusing on continued physical literacy, progressive skill development, and fostering a lifelong enjoyment of basketball and active living.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Required ball size: Size 5 for ages 8–11

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session begins the week of September 14

Basketball Continued...

Basketball Level 2 / Skills Development (10 - 16 yrs.)

This recreational basketball program is designed for children who have some basic experience with the game and are ready to build on their foundational skills. In a fun, supportive, and inclusive environment, participants will continue developing core basketball skills such as dribbling, passing, catching, shooting, movement, and defensive positioning, with an increased focus on control, consistency, and decision-making.

Through structured drills, small-sided games, and skill-based activities, participants will deepen their understanding of game rules, spacing, teamwork, and basic offensive and defensive strategies. Emphasis is placed on improving confidence, game awareness, and the ability to apply skills in game-like situations.

The program follows the Long-Term Development in Sport.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Required ball size:

Size 7 for ages 13+ (men's basketball)

Basketball Girls Training Group (10 - 16 yrs.)

This recreational basketball training group is designed to provide girls with a supportive, inclusive, and confidence-building environment in which to develop their basketball skills. The program is suitable for participants with basic basketball experience who are ready to improve their technique, game understanding, and overall performance.

Through structured drills, small-sided games, and game-based activities, participants will develop dribbling, passing, shooting, footwork, rebounding, and defensive skills. Training will also focus on ball control, movement without the ball, court spacing, communication, and decision-making.

Participants will be introduced to offensive and defensive concepts and given opportunities to apply their skills in game-like situations. Emphasis is placed on teamwork, leadership, sportsmanship, confidence, and creating a positive environment where girls can grow as athletes.

The program follows the Long-Term Development in Sport and Physical Activity model, supporting progressive skill development, physical literacy, and a lifelong enjoyment of basketball and active living.

Equipment Information

Each participant must bring an appropriately sized basketball to every class

Required ball size: Size 6.

Ignite Basketball U16 / Level 3

The YMCA Ignite Basketball Academy and Team Program is designed for competitive youth athletes who are committed to improving their basketball skills and preparing for higher-level competition. Beginning in Fall 2026, selected players born between 2011 and 2013 will participate in structured practices, competitive scrimmages, strength training, and performance development, with the goal of competing at the 2027 Basketball New Brunswick Provincial Championships U16.

Led by Head Coach Roman Karmadanov and Team Manager Michael On, the program will focus on advanced skill development, basketball IQ, teamwork, leadership, and positive character. Team placement will be determined through player evaluations and tryouts, with consideration given to skill level, game understanding, effort, coachability, and team fit.

Submitting an Expression of Interest does not guarantee placement but ensures families receive priority information regarding tryouts, schedules, and registration.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Size 7 for ages 13+ (men's basketball)



Basketball Scrimmage (6 - 9 yrs.) / (10 - 16 yrs.) / (14+ yrs.)

Open to participants in the basketball programs, the weekly scrimmage program designed to develop basketball skills in children aged 6-9. Through structured training sessions, we focus on teaching rules, refining fundamental skills, and fostering effective teamwork. Each session concludes with a scrimmage, giving athletes the chance to apply the drills they've learned in a real-game setting.

Drop-in 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. Drop-in fees apply.

Drop-In package: 1 = \$5.00 / 5 = \$20.00 / 10 = \$35.00

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session begins the week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. Please refer to the Child safeguarding Policy. NOTE: There is an additional \$55.00 fee for basketball. Participants enrolled in a basketball program will roll into the winter session of registered programs. Participants in the scrimmage group pay a \$5 drop-in fee.

BASKETBALL PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>*Additional Fee (no HST)</i>
Basketball/Level 1 (6 - 9 yrs.)	Monday & Saturday	5:30 - 6:30 p.m. 9:00 - 10:00 a.m.	Priestman Street School Priestman Street School	\$55.00
Basketball/Level 2 (6 - 9 yrs.)	Wednesday & Saturday	5:30 - 6:30 p.m. 11:20 - 12:20 p.m.	Priestman Street School Priestman Street School	\$55.00
Basketball/Level 1 (10 - 16 yrs.)	Wednesday & Saturday	6:30 - 7:30 p.m. 3:10 - 4:10 p.m.	Priestman Street School Priestman Street School	\$55.00
Basketball/Level 2 (10 - 16 yrs.)	Tuesday & Sunday	8:15 - 9:15 p.m. 3:15 - 4:15 p.m.	YMCA Gymnasium YMCA Gymnasium	\$55.00
Basketball Girls Training Group (10 - 16 yrs.)	Monday & Saturday	6:30 - 7:30 p.m. 1:00 - 2:00 p.m.	Priestman Street School Priestman Street School	\$55.00
Basketball Scrimmage (6 - 9 yrs.)	Saturday	10:10 - 11:10 a.m.	Priestman Street School	drop-in fee
Basketball Scrimmage (10 - 16 yrs.)	Saturday	2:00 - 3:00 p.m.	Priestman Street School	drop-in fee
Basketball Scrimmage (14+ yrs.))	Sunday	2:15 - 3:15 p.m.	YMCA Gymnasium	drop-in fee
Ignite Basketball (U16) Level 3 Competitive	Tuesday & Sunday	6:45 - 8:15 p.m. 1:00 - 2:00 p.m.	YMCA Gymnasium YMCA Gymnasium	\$200.00

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. These classes take place at the YMCA at 570 York Street unless stated otherwise. [Please refer to the child safeguarding policy.](#)

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.

Tap Dancing (4 - 5 yrs.)

Step, shuffle and tap your way into a fun and energetic dance experience. Our tap dance classes introduce participants to basic tap techniques, rhythm, coordination and musicality in a welcoming and engaging environment. Participants will learn a variety of steps and combinations while building confidence and having fun through movement and music. An additional fee for tap shoes is required for the program.

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

Program	Day	Time	Location	Fees
Ballet (4 - 5 yrs.)	Monday	6:00 - 6:45 p.m.	Jones Room	
	Tuesday	6:00 - 6:45 p.m.	Jones Room	
	Saturday	9:00 - 9:45 a.m.		
Ballet (6+ yrs.)	Monday	6:45 - 7:45 p.m.	Jones Room	
	Saturday	10:00 - 11:00 a.m.	Jones Room	
Movin' & Groovin' (4 - 5 yrs.)	Wednesday	6:00 - 6:45 p.m.	Jones Room	
	Thursday	6:00 - 6:45 p.m.	Jones Room	
	Sunday	1:30 - 2:15 p.m.	Irving Room	
Movin' & Groovin' (6+ yrs.)	Wednesday	6:45 - 7:45 p.m.	Jones Room	
	Sunday	2:30 - 3:30 p.m.	Irving Room	
Tap Dancing (4 - 16 yrs.)	Tuesday	7:00 - 8:00 p.m.	Jones Room	\$20.00 for Shoes

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session begins week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. Programs at the Nashwaaksis Fieldhouse require a [membership that can be purchased online](#). Participants enrolled in a gymnastics program will roll into the winter session of programming. To view the tottnastics and kindernastics schedules, please visit the Early Years Page. [Please refer to the Child safeguarding Policy](#).

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. Enrol in one or two sessions.

Artistic Intermediate (6+ yrs.)

Youth will participate in 90-minute training sessions, developing a variety of skills across all events. Progress reports will be provided at the end of each term, and badges will be awarded upon completion of each level. Participants may enroll in one, two, or three sessions.

Artistic Advanced (6+ yrs.)

In this program, youth will have the opportunity to train multiple times per week in a fun, recreational setting, with options for a minimum of two and a maximum of three 90-minute sessions per week. Gymnasts will continue developing a variety of skills across all events. Progress reports will be provided at the end of each term, and badges will be awarded upon completion of each level.

Rhythmic Beginner (6+ yrs.)

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

GYMNASTICS PROGRAM SCHEDULE

Program	Day	Time	Location	Fee
Artistic Beginner	Tuesday	5:00 - 6:00 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$87.50
	Wednesday	5:00 - 6:00 p.m.		
	Saturday	11:30 - 12:30 p.m.		
Artistic Intermediate	Tuesday	6:00 - 7:30 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$140.00
	Wednesday	6:00 - 7:30 p.m.		
	Saturday	10:40 - 12:10 p.m.		
Artistic Advanced	Choose 2 or 3 of the following days		Nashwaaksis Fieldhouse 324 Fulton Ave.	2 classes = \$250.00
	Tuesday	6:00 - 7:30 p.m.		
	Wednesday	6:00 - 7:30 p.m.		
Rhythmic Beginner	Saturday	10:40 - 12:10 p.m.	Nashwaaksis Fieldhouse 324 Fulton Ave.	\$87.50
	Tuesday	5:00 - 6:00 p.m.		
	Wednesday	5:00 - 6:00 p.m.		
	Sunday	11:30 - 12:30 p.m.		

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session begins the week of September 14

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. These classes take place at the YMCA at 570 York Street unless stated otherwise. Please refer to the Child Safeguarding Policy.

Martial Arts

Aikido (6 - 9 yrs.) / (10 - 15 yrs.) / (16+ 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)*

Karate - Kyokushin (6 - 12 yrs.) / (13 + yrs.)

Youth Karate – Kyokushin offers a fun and engaging martial arts program designed especially for kids. Participants will build strength, discipline, confidence, and focus while learning age-appropriate techniques. Classes emphasize physical fitness, respect, teamwork, and personal growth in a safe, supportive YMCA environment. *Rolling Registration.*

Karate - Kyokushin (Advanced)

Extra training by invite only. *Rolling Registration*



Muay Thai Beg. (7+ yrs.)

This is a beginner 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 begins Week of September 14

MARTIAL ARTS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Additional Fee (no HST)</i>
Aikido (6 - 9 yrs.)	Monday & Wednesday & Saturday	7:30 - 8:15 p.m. 7:30 - 8:15 p.m. 6:00 - 6:45 p.m.	
Aikido (10 - 15 yrs.)	Monday & Wednesday & Saturday	7:30 - 8:30 p.m. 7:30 - 8:30 p.m. 6:00 - 7:00 p.m.	
Aikido (16+ yrs.)	Monday & Wednesday & Saturday	7:30 - 9:00 p.m. 7:30 - 9:00 p.m. 6:00 - 7:30 p.m.	
Karate - Intro (6+ yrs.)	Sunday	10:00 a.m. - 11:00 a.m.	\$30.00 for class \$48.00 for Gi
Karate Beg./int./Adv. (7+ yrs.)	Monday & Wednesday	6:30 - 7:30 p.m. 6:30 - 7:30 p.m.	\$50.00 for class \$55.00 for Gi
Karate for Teens & Adults (13+ yrs.)	Monday & Wednesday Monday & Wednesday	7:30 - 9:00 p.m. 7:30 - 9:00 p.m. 8:00 - 9:30 p.m. 8:00 - 9:30 p.m.	 \$50.00 for class \$55.00 for Gi
Karate - Kyokushin (6 - 12 yrs.)	Thursday & Saturday	6:30 - 7:30 p.m. 1:00 - 2:00 p.m.	
Karate - Kyokushin (13+ yrs.)	Thursday & Saturday	7:30 - 9:00 p.m. 2:00 - 3:30 p.m.	
Karate - Kyokushin (Advanced)	Thursday & Saturday	9:00 - 9:30 p.m. 3:30 - 4:00 p.m.	
Muay Thai Beginner (7+ yrs.)	Tuesday & Thursday & Friday	6:15 - 7:00 p.m. 6:15 - 7:15 p.m. 6:15 - 7:15 p.m.	
Muay Thai for teens & Adults (13+ yrs.)	Tuesday & Thursday & Friday	7:00 - 8:15 p.m. 7:00 - 8:15 p.m. 7:00 - 8:15 p.m.	

New!

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to the Child Safeguarding Policy.](#)

Racquet Sports

Badminton (6 - 9 yrs.)

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

Badminton (10 - 12 yrs.)

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

Badminton (13 - 16 yrs.)

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

Squash (8+ yrs.)

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

Fall Racquet Sports Schedule

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>
Badminton (6 - 9 yrs.)	Sunday	5:15 - 6:00 p.m.	YMCA Gymnasium
Badminton (10 - 12 yrs.)	Sunday	6:00 - 7:00 p.m.	YMCA Gymnasium
Badminton (13 - 16yrs.)	Sunday	7:00 - 8:00 p.m.	YMCA Gymnasium



YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Various Sports

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 Rowing (10 - 12 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.

Advanced Indoor Rowing (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.

Jr. Strength Program - Youth (8 - 12 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.

Zumba Kids (6-9 yrs.) & (10 - 13)

Family Zumba – Kids and Parents

Get moving, have fun, and enjoy quality family time with Family Zumba at the YMCA! This energetic 30-minute class invites children and their parents or guardians to dance, exercise, and have fun together through easy-to-follow Zumba routines set to upbeat music. Designed for all fitness levels and abilities, each class combines movement and music to help participants improve coordination, confidence, balance, and cardiovascular fitness. No dance experience is required, just bring your energy and be ready to move! Family Zumba provides a welcoming and supportive environment where families can stay active, build healthy habits, and create lasting memories together.

Youth Yoga & Mindfulness (10+ yrs.)

The YMCA Youth Yoga and Mindfulness Program provides a welcoming and supportive environment where young people can strengthen their physical, emotional, and social well-being. Through age-appropriate yoga poses, breathing exercises, relaxation techniques, and mindfulness activities, participants will develop greater confidence, resilience, self-awareness, and self-worth.

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.

Indoor Rowing (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.

Jr. Strength Program - Youth II (13+ 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

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

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

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

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

YOUTH PROGRAMS (6 - 18 years)

REGISTERED PROGRAMS

Session runs from Week of September 14 - November 23

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 \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. These classes take place at the YMCA at 570 York Street unless stated otherwise. Please refer to the Child Safeguarding Policy.

VARIOUS SPORTS PROGRAM SCHEDULE

<i>Program</i>	<i>Day</i>	<i>Time</i>	<i>Location</i>	<i>Additional Fee (no HST)</i>
Fencing - Youth I (8 - 11 yrs.)	Wednesday	6:00 - 7:00 p.m.	512 George Street	\$30.00
Indoor Golf (6 - 9 yrs.)	Saturday	3:00 - 3:45 p.m.	YMCA Gymnasium 570 York Street	
Indoor Golf (10 - 16 yrs.)	Saturday	3:45 - 4:45 p.m.	YMCA Gymnasium 570 York Street	
Indoor Rowing (10 - 12 yrs.)	Saturday	2:30 - 3:15 p.m.	YMCA Gymnasium 570 York Street	
Indoor Rowing (13+ yrs.)	Saturday	3:15 - 4:00 p.m.	YMCA Gymnasium 570 York Street	
Advanced Indoor Rowing (Selection Based)	Tuesday & Thursday & Saturday	5:45 - 7:45 a.m. 5:45 - 7:45 a.m. 1:00 - 2:30 p.m.	YMCA Gymnasium 570 York Street	
Jr. Strength & Conditioning (8 - 12 yrs.)	Sunday	11:15 - 12:00 p.m.	YMCA Gymnasium 570 York Street	
Jr. Strength & Conditioning (13+ yrs.)	Sunday	12:00 - 1:00 p.m.	YMCA Gymnasium 570 York Street	
UNB S.P.R.I.N.G	Sunday	9:00 - 11:00 a.m.	YMCA Gymnasium 570 York Street	\$75.00
Youth Yoga & Mindfulness (10+ yrs.)	Wednesday	6:00 - 6:45 p.m.	YMCA Gymnasium 570 York Street	
Zumba Kids (6 - 9 yrs.)	Sunday Sunday	1:30 - 2:00 p.m. 2:45 - 3:15 p.m.	M & M Room	
Zumba Kids (10 - 13 yrs.)	Sunday Sunday	2:00 - 2:30 p.m. 3:15 - 3:45 p.m.	M & M Room	



IGNITE

REGISTERED PROGRAMS

Ignite Performance

The suite of Ignite Programs is for participants that wish to take their performance to the next level. Participants engage in competition and elite training methods with skilled coaches. Focus is on skill, endurance, performance and competition. All of the Ignite Programs are registered programs and require YMCA membership. Members in the Ignite classes can also register for ONE swimming lesson program. If registering for 4 or more programs, an additional \$50.00 will apply per extra program, per term. This is in addition to applicable program fees which are specified in our program guide. [Please refer to the Childsafeguarding Policy.](#)

Ignite Basketball U16 / Level 3

The YMCA Ignite Basketball Academy and Team Program is designed for competitive youth athletes who are committed to improving their basketball skills and preparing for higher-level competition. Beginning in Fall 2026, selected players born between 2011 and 2013 will participate in structured practices, competitive scrimmages, strength training, and performance development, with the goal of competing at the 2027 Basketball New Brunswick Provincial Championships U16.

Led by Head Coach Roman Karmadanov and Team Manager Michael On, the program will focus on advanced skill development, basketball IQ, teamwork, leadership, and positive character. Team placement will be determined through player evaluations and tryouts, with consideration given to skill level, game understanding, effort, coachability, and team fit.

Submitting an Expression of Interest does not guarantee placement but ensures families receive priority information regarding tryouts, schedules, and registration.

Equipment Information

Each participant must bring an appropriately sized basketball to every class.

Size 7 for ages 13+ (men's basketball)

Course	Day	Time	Location	Additional Fee (+HST)
Ignite Basketball (U16) Level 3 Competitive	Tuesday & Sunday	6:45 - 8:15 p.m. 1:00 - 2:00 p.m.	YMCA Gymnasium YMCA Gymnasium	\$200.00

Ignite Multisport

Ignite Multi-Sport is an athletic conditioning program for youth between the ages of 7 - 17 years old.

Course	Day	Time	Location	Additional Fee (+HST)
Ignite Multisport Athletic Conditioning	Monday	6:00 - 7:15 p.m.	Irving Studio	

Ignite Swim Team

A competitive swim team for youth between the ages of 7 - 16 yrs. to develop friendships and personal character strengths through training and competing in the 4 standard swim strokes. The groups are divided between Beginner, Development, Competitive & Advanced Performance. The term runs from September 14 until the end of June, 2027. New members can join at any time.

Group 1 - Beginner

Swimming: 2 - 3X / week on Wed/Thu/Sat
Strength training: Saturday
Fee: \$700.00

Group 2 - Development

Swimming: 2 - 3X / week on Wed/Thu/Sat
Strength training: Saturday
Fee: \$700.00

Group 3 - Competitive

Swimming: 3 - 4X / week on Tues/Thu/Fri/Sat
Strength training: Saturday
Fee: \$800.00

Group 4 - Advanced Program

Swimming: 4 - 5X / week on Mon/Tue/Thu/Fri/Sat
Strength training: Saturday
Fee: \$1,000.00

Assessment will take place on September 9, 10 & 11 from 4:15 - 5:30 p.m.

[Click for details](#)

POWER UP **Power Up**

ENERGIZE. EMPOWER. ELEVATE.

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

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

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

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

Memberships include access to our fitness centre, pool, gym and one registered program per session; additional program fees may apply.

This program is free of cost but requires registration. We are now accepting applications for the Fall session.

NOTE: Form completion does not guarantee a spot in the program.

Priority spacing will be given to participants who have not yet participated in Power Up during 2025/2026. A waiting list will be made and all participant communication to confirm registration will occur no later than September 14. Fall Power Up will begin Thursday, September 17 at 6:30pm.

If you have any further questions, please contact:
brian.conoley@ymcafredericton.org



FAMILY FRIEND

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

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

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

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

To apply for the Family Friend 2026/2027 season, [please fill out the application form in full.](#)

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

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

