



YMCA

We build strong kids,
strong families, strong communities.



Together

Making a Difference for Everyone!



Brockville and Area YMCA

Fall Program

September 6 to December 17, 2011



Your YMCA - A Charity Open To All

THE Y ADVANTAGE

Membership Fees *(Include taxes and processing fees)*

Effective July 1, 2011	Annual	Monthly	Day Pass
Family (2 adults)	1184.43	102.21	30.00
Family (1 adult)	964.55	83.88	30.00
Adults	605.85	53.99	15.00
Seniors (60+ years)	502.06	45.34	10.00
Students (18+ years)	496.86	44.91	15.00
Teens (13-17 years)	340.70	31.89	10.00
Kids (2-12 years)	311.79	29.47	5.00
Toddlers (0-2 years)	-	-	3.00

**Family Membership: A family is composed of one or two lawfully related adults, and children who are legal dependents residing at the same address. Available to children under 18 years of age or full-time students under age 25. Students must show student ID.*

***Student: Must be full-time and provide valid student photo ID card or current timetable at time of joining and every year thereafter.*

New members or those returning after 3 months pay a building enhancement fee \$50/adult.

Why the Y?

- A charitable, not-for-profit organization that includes service to others
- Over 150 years of expertise and service to the community
- Open to all, regardless of circumstance
- Qualified, enthusiastic, values driven staff and volunteers
- A place where friendships are made
- A place for people of all ages and all walks of life
- A partner in the healthy development of residents and the community

Licensed Child Care

- Serving families across Leeds-Grenville for over 20 years
- Helping to build strong kids, newborns to 12 years old
- Providing safe, nurturing, fun, learning environments
- 3 early learning child care centres, 28 licensed home care providers
- 5 school age programs; YMCA, Vanier, Prince of Wales, Commonwealth, Athens
- Caring and competent educators and caregivers
- Commitment to quality care and access to government subsidies

Playing to Learn

We believe that YMCA Playing to Learn is the best approach to ensure a child's continued enthusiasm and capacity for life-long learning.

- It provides an understanding of how play offers the foundation for learning to read and write
- It provides engaging opportunities for learning mathematics, science and technology
- It provides early childhood educators with the skills to prepare spaces that are more conducive to learning, and the best practices to encourage quality learning experiences.

Free Fitness Features

The Brockville Y values our members and invites you to enjoy all advantages that we offer you including;

- Unlimited use of the facility which features;
 - Aquatics centre with a 6 lane, 25 metre lap pool, heated wading pool, hot tub and sauna
 - Gymnasium, fitness studio, cycle studio and yoga studio
 - Conditioning room with a full range of cardio and strength training equipment
 - Outdoor tennis courts and indoor squash courts
 - Indoor walking/running track, approximately 90 m
- Access to over 50 drop in fitness classes and recreation programs weekly
- Access to registered programs at no cost such as swim lessons and karate (Note: fees apply for specialty and certification courses)
- Access to the Y Connect Program - designed to orient you to the facility and equipment
- Ability to hire a YMCA approved personal trainer to develop individual programming
- Complimentary parking, child minding and day use lockers
- Four guest passes annually and access to YMCA facilities nationally as a visitor
- Open swim and gym times available daily



Kids: Fall 2011

All programs are included with your membership, unless otherwise specified as drop in.
Please register at Association Services to reserve your space.

★ = Certification Course
☺ = Members Only

AIM #1 ADOLESCENTS IN MOTION (10 to 11 years) ☺

A one hour introduction to the safe use of cardio equipment. Successful completion of this orientation will allow young members to use cardio equipment without direct supervision. An AIM shoe tag will be awarded and must be worn while utilizing equipment. Register at Association Services.

AIM #2 ADOLESCENTS IN MOTION (12 to 15 years) ☺

AIM is a program designed for youth who want to access the strength and conditioning area. The focus is on teaching safe exercise techniques to improve lifestyle.

Tue or Thu - 4 to 5 pm (3 week sessions)

Tues: Sept 13–27; Oct 4–18; Oct 25–Nov 8; Nov 15–29; Dec 6–20
Thurs: Sept 15–29; Oct 6–20; Oct 27–Nov 10; Nov 17–Dec 1

AIM #3 ADOLESCENTS IN MOTION (12 to 15 years) ☺

This final AIM program will allow youth to safely use the free weights. Etiquette, introduction to training principles and safety will be stressed.

Wed or Thu - 4 to 5 pm (3 week sessions)

Wed: Sept 14–28; Oct 5–19; Oct 26–Nov 9; Nov 16–30;
Thurs: Sept 15–29; Oct 6–20; Oct 27–Nov 10; Nov 17–Dec 1

As of September 2011, your YMCA has changed the guidelines regarding children and youth in the fitness and conditioning areas - see access policy chart for details. Children who have completed the current AIM program prior to 2010 will have those privileges honoured into 2011 and beyond.

BABYSITTER TRAINING (10 to 14 years) ★

This course is for young caregivers. It provides training to ensure a confident, competent entrepreneur.

Sat - 8:30 am to 3:30 pm

Sept 24; Oct 15; Nov 19

Member: \$12 / Non-Member: \$50.00

DANCE (Ages 5 to 12) ☺

This program will provide kids with the opportunity to explore tap, ballet and jazz. No special shoes or clothing is necessary. Participants will work towards a performance piece at the end of the session.

Sat - 11 to noon (5 to 8 years)

Sat - noon to 1 pm (9 to 12 years)

Sept 25–Dec 11 (no class Oct 8)

IRON TOTS AND KIDS (3 to 12 years) ☺

This program introduces small kids to the fun of physical activity via the sport of triathlon, focusing on building speed and endurance safely in swimming, running and cycling.
Note: Kids (6-12) must be able to swim one length of the pool with no buoyant aids.

Sat - 12 to 12:30 pm (3 to 5 years)

Sat - 1:30 to 3 pm (6 to 12 years)

Session One: Sept 24–Oct 29 (No Class Oct 8)

Session Two: Nov 5–Dec 3

I ♥ READING (5 to 9 years)

A time for a child and a reading buddy to explore the magic of books. Guest readers may appear! Open to all children in the community at no charge; however, you must register.

Sat - 10:30 to 11:15 am

Sept 24–Dec 10

KARATE (5 to 12 years) ☺

This program will teach you the basics with gradual progressions. The main goal is to provide students with a common sense approach to self defense as well as the focus and discipline needed to excel in today's world.

Sat - 10 to 11 am (5 to 9 years)

Sept 24–Dec 17 (No Class Oct 8)

Tue and Thu - 6:30 to 7:30 pm (10 to 12 years)

Sept 27–Dec 15

PRE-SCHOOL PROGRAMMING *NEW* (2 to 5 years) ☺

Parents are expected to be in the building during class times.

Weeks of Sept 26–Dec 15

Quieter Activities:

1, 2 BUCKLE MY SHOE

Mon 9:30 to 10:15 am

TICKLE TRUNK

Wed 9:30 to 10:15 am

BUSY BUDS

Fri 9:30 to 10:15 am

Active Activities:

WIGGLE, GIGGLE AND JUMP

Mon 10:30 to 11:15 am

SHAKE, RATTLE AND ROLL

Wed 10:30 to 11:15 am

JUMPING JELLY BEANS

Fri 10:30 to 11:15 am

PARENT AND TOT PANDEMONIUM *NEW* (0 to 5 years)

*Drop in—no registration required!

Parents join your child in this organized craft and play time.

One half hour of crafts and then a 1/2 hour break so you and your child can have a snack and bathroom break, etc and then it's off to the gym to run off some energy. Parents MUST stay. Free to members, non-members pay day pass fee for the child only.

Tue and Thu 9:30 to 10:00 am, 10:30 to 11:15 am

Sept 27–Dec 15

SATURDAY MORNING SPORTS CLUB (5 to 9 years) ☺

Experience a wide variety of sport and game options.

Sat - 9:00 to 9:45 am

Sept 24–Dec 17 (No Class Oct 8)

SQUASH (5 to 7 years) ☺

An introduction to squash with a focus on hand and eye coordination. Fun and exciting in a no pressure environment. Bring your own racket or use ours at no charge during lesson.

Tues - 5:30 to 6:00 pm

Session one: Sept 27–Nov 1

Session two: Nov 8–Dec 13

SQUASH (6 to 12 years) ☺

Beginners learn court rules, safety and racquet skills. Intermediate players will learn tactical and strategic skills and fine tune their court sense. Skills development for those 10+ years will focus on drills designed to enhance skills required for competition. Bring your own racket or use one of ours.

Sat - 9:00 to 9:30 am (Beginner)

Sat - 9:30 to 10:15 am (Intermediate)

Sat - 10:15 to 11:00 am (Skills Dev, 10+ years)

Sept 24–Dec 17 (No Class Oct 8)

TOMORROW'S LEADERS TODAY (TLT) (Ages 13+) ☺

Do you want to make new friends? Build your confidence and skills for the future? Help your community? Designed especially for students in grade 8 and up, TLT combines leadership training, teamwork, self-government, and volunteer placement to help build confidence - and connections. TLT participants are also eligible to participate in the Duke of Edinburgh Young Canadians Challenge Award.

Sat - 4 to 5:30 pm, Youth night leadership 5:30 to 8:00 pm

Sept 24–Dec 17 (No Class Oct 8)

Kids: Fall 2011

KIDS CAN COOK ^{*NEW*} (9 to 12 years) ☺

Designed to help build the skills and confidence necessary to prepare healthy and delicious recipes emphasizing Canada's Food Guide. Participants will have the opportunity to create a snack or meal each session and take home the recipe.

Sat 11:30 am to 1 pm
Sept 24–Dec 17 (no class Oct 8)

CRAFTY KIDS ^{*NEW*} (6 to 10 years) ☺

Stimulating and fun weekly workshops that help kids explore their creativity while tackling their developmental needs: building fine motor skills, coordination, sensory perception and analytical and strategic thinking.

Sat 9 to 10 am
Sept 24–Dec 17 (no class Oct 8)

DROP IN SPORTS (6 to 12 years)

Mon 6:30 to 7:30 pm Basketball
Wed 6:30 to 7:30 pm Floor Hockey

Birthday Parties (4 to 9 years)

Make your child's birthday extra special at the Y. We will take care of the planning and the mess while you relax and enjoy the party! This 2-hour party includes a specially decorated room, fun activities, meal of choice and one hour of pool or gym time.

Member: \$130 / Non-Member: \$175

Book today at Association Services, \$50 non-refundable deposit required at time of booking.

PLAY CARE ☺

Child minding service available for members only - 2 hours maximum. Parents must be reachable at all times and may only be out of the building with a Y program. Cell phone contact required if out of the building. Child pick up must be prior to posted close times.

Note: For safety reasons Play Care has a room limit of 20 kids which are available on a first come, first served basis.

Child and Youth Access Policy

The purpose of the Child and Youth Access Policy is to create a safe environment for our kids. This purpose is in line with our values at the Brockville and Area YMCA. We take responsibility in providing an honest, respectful, and caring environment. Direct supervisor must be 16+ years of age.

AGE	BUILDING	CARDIO/COND/CLASS	POOL
0 – 5	Arm's Reach of Adult	Not allowed in Area	Arm's Reach of Adult
6 – 9	Supervised by Adult	Not allowed in Area	Supervised by Adult Unless child passed swim test
10 – 12	Access to all Areas Unsupervised until 8 pm	Cardio only with AIM #1 NEW in September 2011	Access to all Areas Unsupervised until 8 pm
13 – 15	Access to all Areas	Access allowed with AIM #2/3 NEW in September 2011	Access to all Areas
16 +	Access to all Areas	Access to all Areas	Access to all Areas

CHILD DEVELOPMENT CENTRE (18 months to 11 years)

Children can attend on a full or part-time basis according to the needs of parents and spaces available. Our Early Childhood Educators are carefully chosen and specially trained to ensure quality care. We strive to create an atmosphere of positive reinforcement designed to provide children with a sense of belonging and fulfillment. Note: swim lessons included with child care, ask for details.

For more information, please call extension 23.

LICENSED HOME DAY CARE (Newborn to 12 years)

This program has nurturing caregivers who provide full day, part day, evening, overnight and weekend care in a cozy home setting. We care for children from infancy through 12 years of age and we recognize the vital importance of caring for children as part of the family. With personalized attention and emphasis on your child's unique development, we welcome each child into a healthy, small group-learning environment. For more information, contact Charlotte Wright at extension 35, or Colleen Coote at extension 45.

Aquatics: Fall 2011

All programs are included with your membership, unless otherwise specified.

Please register at Association Services to reserve your space.

Note: Lessons begin Sept 26 and break for the holidays on Dec 17. Members registered in Fall lessons will be automatically re-enrolled on the same day and time starting in January and continuing to June. If a time or date change is necessary, please contact Association Services. Non Members must re-enroll each season.

**** No swim lessons on holiday weekend (Saturday, Oct 8 and Monday, Oct 10)**

★ = Certification Course

***NEW* PARENT AND TOT (6 months to 3 years)**

A DROP-IN format. Come to as many or as few classes as you feel necessary for you and your infant/toddler to feel comfortable in the water. Please ensure your child is dressed in plastic pants or water diaper. One parent or guardian in the water per child.

SPLASHER: WADING POOL (6 months to 2 years): DROP-IN

Mon, Thu - 11 to 11:30 am,
Tues, Wed - 5:00 to 5:30 pm
Sat - 10 to 10:30 am, 11:30 to noon
Non-Member: \$8 per lesson

BUBBLER: MAIN POOL (2 to 3 years): DROP-IN

Tues, Wed—11:00 to 11:30 pm,
Mon, Thu— 5:30 to 6 pm
Sat - 10:30 to 11 am
Non-Member: \$8 per lesson

TRANSITION (2½ to 3 years): MUST REGISTER

Prerequisite: Bubbler program in main pool

A program designed to aid in the transition for your child from the parent and tot program to the Li'l Dipper program. Parents start in the water with child and transition out.

Mon, Tues, Wed, Thu - 6:00 to 6:30 pm
Sat - 11 to 11:30 am
Non-Member: \$95 for 12 lessons

YOUTH LESSONS (3 to 12 years)

This program teaches children basic swimming strokes, skills and water safety. (Intro Levels to Star 4.)

Complimentary level assessments available and encouraged, contact the Aquatics Department at extension 47.

LITTLE DIPPERS (3 to 5 years):

Mon, Tue, Wed or Thu:
5:30 to 6 pm, 6 to 6:30 pm, 6:30 to 7:00 pm
Mon, Tue, Wed or Thu:
11 to 11:30 am, 11:30 to 12:00 pm
Sat: 10 to 10:30 am, 10:30 to 11 am, 11 to 11:30 am,
11:30 to 12 pm
Non-Member: \$95 for 12 lessons

LEARN TO SWIM AND STARS 1-4 (6 to 12 years):

Mon, Tue, Wed or Thu:
5:30 to 6 pm, 6 to 6:30 pm, 6:30 to 7:00 pm
Tue: 7:00 to 7:30 pm
Sat: 10 to 10:30 am, 10:30 to 11 am, 11 to 11:30 am,
11:30 to 12 pm
Non-Member: \$95 for 12 lessons

ADVANCED SWIMMERS (9 to 12 years)

This program allows more advanced swimmers the chance to progress through Star 5 and 6 and the Masters Level.

Tue or Thu - 7 to 8 pm
Sat - 12:00—1:00 pm
Non-Member: \$95 for 12 lessons

ADULT SWIM LESSONS

Swimming is a critically important life skill for all ages. Join the long tradition of national aquatics programming with certified Y instructors.

Mon 9:30 to 10:30 am
Tue - 7 to 8 pm
Non-Member: \$95 for 12 lessons

PRIVATE AND SEMI PRIVATE LESSONS

Lessons in packages of 4 half hour sessions. Lessons available upon request. *Please contact ext. 47 to register.*
Members: \$50 / Non-Member: \$100

JUNIOR LIFEGUARD CLUB

Prerequisites: Age 10+, able to swim 25 m, tread water for 2 minutes. Participants will develop lifesaving as well as leadership in a fun, team building environment.

Wed—6:30 to 7:15 pm
Sept 28—Dec 14
Non-Member: \$95 for 12 lessons

LIFEGUARD TRAINING

There are three steps involved in becoming a lifeguard.

I) BRONZE MEDALLION (13+ years)

This course will cover the four areas of water rescue as well as stroke efficiency and endurance. Includes certification in Emergency First Aid and CPR B. Manual fee is \$50.

Sat - 12:00 to 2 pm
Oct 1—Dec 17 (no class Oct 8)
Member: \$110 / Non-Member: \$160

II) BRONZE CROSS (14+ years)

Prerequisite: Bronze Medallion + Emergency First Aid + CPR B. Proof must be presented prior to course start. Advanced training includes introduction to safe supervision in an aquatic environment. Manual fee is \$50.

Sat—12:00 to 2 pm
Oct 1—Dec 17 (no class Oct 8)
Member: \$125 / Non-Member: \$175

III) NATIONAL LIFEGUARD SOCIETY (16+ years)

Prerequisite: Bronze Cross and Standard First Aid and CPR-C must be completed prior to course start and proof must be presented prior to course start. Manual fee is \$50.

Nov 12, 13, 19, 20 — 8 am to 5 pm
Exam: Sunday, Nov 27—10 am to 1 pm
Participants must attend all sessions
Members \$150 and Non-Members \$200

National Lifeguard Society Recertification

Sunday, Nov 27—10 am to 1 pm
Members and Non-Members \$90

LIFESAVNG SWIM INSTRUCTOR COURSE (16+ years)

Prerequisite: Bronze Cross proof must be presented prior to course start.

This course will allow you to deliver LSS swim lessons as well as Bronze Medallion and Cross courses. Attendance at all sessions is mandatory. Manual fee \$70

Fridays -Oct 14, 21, 28 5-9:30pm
Saturdays -Oct 15, 22, 29 9-6:00pm
Members: \$295 / Non-Member: \$345

Swim Clubs

1000 ISLANDS Y SWIM MASTERS (18+ years)
1000IslandsSwim@cogeco.ca | Muriel at 613-342-7237

SPECIAL OLYMPICS

Dave Cavanagh, Chairperson: 613-342-3961
Penney Place, Secretary: 613-803-1353

UPPER CANADA SWIM CLUB

www.uppercanadaswimclub.com | 613-803-2848

Pool Schedule: Fall 2011

Please note that the main pool and wading pool are closed during school rental swim. Times are subject to change.
 † Pool may be used if no schools are in, call to confirm. * Wading Pool Closed. There are no lanes available during Swim Lessons.
 Holidays | 8-9:00 am Adult Lane Swim | 9-9:45 Aqua Fit | 10-Noon Open Swim | 12-1:00 pm Adult Swim | 1-3:30 pm Open Swim

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am							
6:00am	Masters 5:45-7:15 (1 lane free)	UCSC 5:45-7:15 (No lanes)	Masters 5:45-7:15 (1 lane free)	UCSC 5:45-7:15 (No lanes)	Masters 5:45-7:15 (1 lane free)		
6:30am							
7:00am							
7:30am	OPEN SWIM 7:30-8:45	OPEN SWIM 7:30-8:45	OPEN SWIM 7:30-8:45	OPEN SWIM 7:30-8:45	OPEN SWIM 7:30-8:45	UCSC 7:00-9:00 (1 lane free)	LANE SWIM 7:00-9:15
8:00am							
8:30am	Aqua Fit 8:45-9:30 (1 lane free)	Aqua Fit 8:45-9:30 (1 lane free)	Aqua Fit 8:45-9:30 (1 lane free)	Aqua Fit 8:45-9:30 (1 lane free)	Aqua Fit 8:45-9:30 (1 lane free)		
9:00am							
9:30am	OPEN SWIM 9:30-10:30	OPEN SWIM 9:30-10:30	OPEN SWIM 9:30-10:30	OPEN SWIM 9:30-10:30	OPEN SWIM 9:30-10:30	OPEN SWIM 9:00- 10:00	Aqua Fit 9:30-10:15 (2 lanes free)
10:00am							
10:30am	* CC Lessons (2 lanes free)	* CC Lessons (2 lanes free)	* CC Lessons (2 lanes free)	* CC Lessons (2 lanes free)	* CC Lessons (2 lanes free)	* LESSONS 10:00- 12:00	
11:00am							
11:30am	* LESSONS 11:00-12:00 (2 lanes free)	* LESSONS 11:00-12:00 (2 lanes free)	* LESSONS 11:00-12:00 (2 lanes free)	* LESSONS 11:00-12:00 (2 lanes free)	* LESSONS 11:00-12:00 (2 lanes free)		
Noon	Aqua Fit 12:15-1:00 (2 lanes free)	* † School Rentals (no lanes)	Aqua Fit 12:15-1:00 (2 lanes free)	* † School Rentals (no lanes)	Aqua Fit 12:15-1:00 (2 lanes free)	Bronze 12:00-2:00 (2 lanes free)	OPEN SWIM 10:00-3:00 Scuba 11:00-2:00
12:30pm							
1:00pm	* † School Rentals (no lanes)		* † School Rentals (no lanes)	* † School Rentals (no lanes)	* † School Rentals (no lanes)		
1:30pm							
2:00pm	OPEN SWIM 2:00-3:15	OPEN SWIM 2:00-3:15	OPEN SWIM 2:00-3:15	OPEN SWIM 2:00-3:15	OPEN SWIM 2:00-3:15		
2:30pm							
3:00pm						OPEN SWIM 2:00-5:00	* Special Olympics (1 lane free) 3:00- 5:00
3:30pm							
4:00pm	UCSC 3:20-5:20 (1 lane free)	UCSC 3:20-5:20 (1 lane free)	UCSC 3:20-5:20 (1 lane free)	UCSC 3:20-5:20 (1 lane free)	UCSC 3:20-5:20 (1 lane free)		
4:30pm							
5:00pm	Wading Open	*	*	Wading Open	UCSC 3:20-6:30 (1 lane free)		
5:30pm	* LESSONS 5:30-7:00	* LESSONS 5:30-8:00	* LESSONS 5:30-7:00	* LESSONS 5:30-8:00 (at 7-8 pm, 2 lanes free)			
6:00pm							
6:30pm					OPEN SWIM 6:30-8:00		
7:00pm							
7:30pm	Aqua Fit 7:15-8:00 (2 lanes free)						
8:00pm	Masters (2 lanes free)	Masters (2 lanes free)	OPEN SWIM 7:00-10:00	Masters (2 lanes free)			
8:30pm							
9:00pm	OPEN SWIM 9:00-10:00	OPEN SWIM 9:00-10:00		OPEN SWIM 9:00-10:00			
9:30pm							

Adults: Fall 2011

All programs are included with your membership, unless otherwise specified. Please register at Association Services.

★ = Certification Course ☺ = Members Only

INTRODUCTION TO FREE WEIGHTS (Ages 16+) ☺

Tues 6 to 7:30 pm
2 week sessions starting Sept 27.

KARATE (Ages 13+) ☺

Beginners to experienced - come join us as we use a common sense approach to self defense to build the focus and discipline needed to excel in today's world.
Tue and Thu - 6:30 to 8:30 pm
Sept 27-Dec 15

NORDIC WALKING ☺

Tue - 7:30 to 8:30 am *No longer available
Thurs 5:30 to 6:30 pm
Sept 29-Dec 13 (weather permitting)

NUTRITIONAL FITNESS *NEW* ☺

A four week crash course introducing key concepts in fitness and nutrition. A kick start to your healthy lifestyle commitment.
Thu 7 to 8:00 pm
Session One: Oct 6-Oct 27
Session Two: Nov 3-Nov 24

MEDITATION - BEGINNER ☺

In learning how to "be still" you allow time for the clutter in life to simply fall away, as your mind, body and spirit come into balance with each other.
Tue - 7 to 8:30 pm
Sept 27 - Dec 15

MEDITATION - CONTINUING ☺

Once you already know how to meditate, this course simply carries your skill to a deeper level, by learning and meditating on the body's Chakra Energy System.
Wed - 7 to 8:30 pm
Sept 28 - Dec 16

SQUASH ☺

Skill development for new players. No experience necessary.
Sat 11 to noon
Sept 24-Dec 17 (No Class Oct 8)

TENNIS ROUND ROBIN ☺

Come and join us for some fun during this drop in round robin. No registration required. Continues until the snow flies!
Tue - 7 to 9 pm | Thu - 9 to 11 am

Customized Fitness

Y CONNECT ☺

This program is designed for all members to assist in your success in reaching your health and fitness goals. One-on-one sessions with our certified training staff include an orientation to the facility, equipment, programs and classes as well as a review of your goals, development of your own fitness regimen and guidance on safe exercise techniques. Contact Association Services to schedule your sessions.

PERSONAL TRAINING ☺

Trainers will design an individual program based on your health history and goals as well as educate you on exercise techniques, guide you through your workout and answer questions related to health and wellness. Only YMCA approved trainers can be utilized on the premises. Extra fees apply. Please contact Association Services for details.

NEUROMUSCULAR REHABILITATION ☺

This is a structured, post rehab program appropriate for but not limited to individuals living with stroke, Parkinson's disease, spinal cord injury and multiple sclerosis. Registration and assessment is required.
Tue and Fri - 1pm to 2pm and 2pm to 3pm

SPECIALTY PROGRAMS *NEW* Extra Fees Apply

SCUBA (12+ years)

Family packages available. Attendance at 6 sessions is required. Certification not included. Contact instructor for certification details. Contact Bob Swan at 613-342-0798.
Sun - 11 am to 2pm
Sept 25-Dec 10 (No class Oct 9)
Members \$250 / Non Members \$350

STANDARD FIRST AID and CPR

Tues, Wed, Thurs - 5 to 9:00 pm
Attendance all three nights is mandatory.
Sept 13,14,15; Oct 18,19,20; Nov 8, 9, 10; Dec 13,14, 15;
Special Crash Course:
Sun, Nov 20-8-5pm and Mon, Nov 21-5-9pm
Member and Non-Members \$90

YOGA ☺

Mon 6 to 7:15 pm
Sept 26-Dec 12 (No class Oct 10)

Tues 10:30 to 11:30 am

Sept 27-Dec 13

Thurs 10:30 to 11:30 am

Sept 29-Dec 15

Thu 6 to 7:15 pm

Sept 29-Dec 15

Members \$42

* Note: Yoga classes require a minimum of 10 participants in order to be sustained.

TRY IT OUT!

Not sure if yoga is for you? Come to any of the above classes during the week of Sept 19-22 and see what it is like before you sign up. Please note: non-members may attend these trial dates with the payment of a day pass but membership is required to sign up for yoga. Space is limited by room size.

Gym Schedule: Fall 2011

Scheduled programs will always take priority. If the gym is not being used as scheduled, you may have access.
Please share the space with all members and return equipment after use.
Schedule subject to change.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30am	OPEN GYM 5:30-8:45am	OPEN GYM 5:30-10:15am	OPEN GYM 5:30-8:45am	OPEN GYM 5:30-10:15am	OPEN GYM 5:30-8:45am		
6:00am							
6:30am							
7:00am							
7:30am							
8:00am	Low Impact 9:00-10:15am	Step 9:00-10:15am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	OPEN GYM 7:00-9:00 am	
8:30am							
9:00am							
9:30am							
10:00am							
10:30am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	Preschool 10:30-11:30am	Karate (5-9 yrs.) 10:00-11:30am	
11:00am							
11:30am	OPEN GYM 11:30-3:30pm	OPEN GYM 11:30-3:30pm	OPEN GYM 11:30-3:30pm	OPEN GYM 11:30-3:30pm	OPEN GYM 11:30-3:30pm	OPEN GYM 11:30-1:00pm	OPEN GYM 7:30-5:00pm
Noon							
12:30pm							
1:00pm							
1:30pm							
2:00pm	Kids Club 3:30-5:15pm	Kids Club 3:30-5:15pm	Kids Club 3:30-5:15pm	Kids Club 3:30-5:15pm	Kids Club 3:30-5:00pm	Adult Floor Hockey 1:00-2:30pm	OPEN GYM 12:30-5:00pm
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	STEP 5:30-6:15pm	Zumba® 5:30-6:15pm	BOOT CAMP 5:30-6:15PM	Zumba® 5:30-6:15pm	OPEN GYM 5:00-8:00pm		
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Youth Basketball Ages 6-12 6:30-7:30pm	Karate 6:30-9:00pm	Youth Floor Hockey Ages 6-12 6:30-7:30pm	Karate 6:30-9:00pm	OPEN GYM 5:00-8:00pm		
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
9:30pm							

Updated: Sept 29, 2011

Group Fitness: Fall 2011

All group fitness classes are included with your membership. Classes are first come, first served and are open to individuals 13 years and older.

AQUA FIT

A water based class that combines cardio, muscle conditioning and flexibility while using the water to change the level of intensity to meet your needs. The class can be done in either shallow or deep water so swimmers and non-swimmers alike are welcome.

BOOT CAMP CARDIO

This class is designed to increase cardiovascular fitness. Come out and try this non-stop, high intensity class for all ages!

CARDIO CIRCUIT

This class incorporates the use of many different exercises creating a well rounded workout that everyone can do. Get a strength training workout as well as an exceptional cardio workout with this class.

CARDIO CORE

A class which bundles core (back and abs) strength using mat, ball and bosu combined with cycling for a complete workout session.

CARDIO KICK

Cardio kickboxing is a combination of cardio, strength training and flexibility. Learn self-defense, kick boxing techniques, new skills and get a full body workout. Cardio kickboxing incorporates many aspects of fitness such as balance, precision and focus.

COR-LATES

A stretch and core class with most movements done from floor level. Although it is not a true pilates class, similar structured actions will be introduced and utilized.

CYCLE FIT AND ADVANCED CYCLE

A cardiovascular and aerobic workout on a stationary bike, which gives you the benefit of outdoor cycling, in an indoor atmosphere. A bottle of water is mandatory and a personal towel is recommended. Tickets are required to participate and can be obtained 30 minutes prior to the start of class. First come, first serve at the Association Services Desk.

GENTLE TOTAL BODY (GTB)

Low-impact cardio and a total body workout for all major muscle groups. Exercise modifications are given to accommodate varying fitness abilities. The workout could include free weights, body bar, exercise balls.

GENTLE SIT FIT

Movement, stretches and resistant exercises performed in a seated position designed to increase strength and promote flexibility. Wheelchairs welcome.

GET OFF YOUR ROCKER (GOYR) GENTLE FIT

A fun filled hour, which includes low impact movement, gentle stretching, resistance exercise and activities. Activities can include bowling, target games, shooting hoops, group ball and much more. Get off your rocker and join in the fun!

LOW IMPACT

A traditional cardio-based choreographed fitness class for all levels that offers low impact variations.

POWER CIRCUIT

A circuit-style class suitable for all levels of fitness. Enjoy cardio, resistance, sports drills - and more, at your own pace. This class has something for everyone.

STEP

A traditional cardio-based choreographed fitness class for all levels. Using a portable platform of variable heights.

TOTAL BODY

A class that focuses on muscular strength and endurance for all the major muscle groups. This class may incorporate the use of body bars, dumbbells, bosu, stability balls, and/or steps.

ZUMBA®

Zumba is a dance-fitness class that incorporates Latin and International music with easy to follow steps, creating a dynamic, energizing, and effective workout. No prior dance experience is necessary.

DID YOU KNOW

- You have the use of day lockers ... bring your own lock and take all your things home each night.
- It is a health regulation to shower before entering the pool, hot tub or sauna.
- You can bring your towel on deck and should dry off (at least a bit) before heading into the locker area.
- Drop in classes are available for day pass users but that most registered programs are for members only.
- Members have 4 guest passes per year that may be used to introduce your friends to the Y.
- Washrooms are located in the locker rooms and also in the main hallway (between the Y café and Play Care room).
- Members must scan to gain entrance to the building. If you forget your card, stop at the desk and they will type you in. After three "forget-me-not" entries, a new card must be purchased for entry.
- There is a 30 minute limit on each piece of cardio equipment.
- Y values; Caring, Honesty, Respect and Responsibility should be evident in every interaction at the Y - from us to you and vice versa.
- We value your time, your talent and your treasure—how can you contribute to your Y? Consider our many opportunities including volunteering and donating.

Group Fitness Schedule: Fall 2011

For health and safety reasons, individuals may not join a class 15 minutes past the start time.

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
STUDIO FITNESS							
Morning	6:00-7:00am *CYCLE FIT Cycle Studio	6:00-7:00am *CARDIO CORE Cycle Studio	6:00-7:00am *CYCLE FIT Cycle Studio	6:00-7:00am *CARDIO CORE Cycle Studio	6:00-7:00am *CYCLE FIT Cycle Studio		
		8:00-8:45am TOTAL BODY Fitness Studio					8:30-10:00 am *CARDIO CORE Cycle Studio
	9:00-10:15am LOW IMPACT Gym		9:00-10:15am STEP Gym		9:00-10:15am LOW IMPACT Gym		
	9:15-10:15am *CYCLE FIT Cycle Studio	9:15-10:15am ZUMBA® Fitness Studio	9:15-10:15am *CYCLE FIT Cycle Studio	9:15-10:15am ZUMBA® Fitness Studio	9:15-10:15am *CYCLE FIT Cycle Studio	10:00-11:00am CARDIO CIRCUIT Fitness Studio	
		10:30-11:15am GTB Fitness Studio		10:30-11:15am GTB Fitness Studio			
Afternoon	12:15-12:45pm TOTAL BODY Fitness Studio	12:15-12:45pm *CYCLE FIT Cycle Studio	12:15-12:45pm STEP Fitness Studio	12:15-12:45pm CARDIO KICK Fitness Studio	12:15-12:45pm TOTAL BODY Fitness Studio		
	1:30-2:30pm GENTLE SIT FIT Yoga Studio		1:30-2:30pm GOYR Yoga Studio				
Evening	5:30-6:15pm STEP Gym	5:30-6:15pm ZUMBA® Gym	5:30-6:15pm BOOT CAMP Gym	5:30-6:15pm ZUMBA® Gym			*Cycle fit classes require tickets. Available 30 minutes before.
	6:30-7:15pm CARDIO KICK Fitness Studio	6:30-7:15pm POWER CIRCUIT Fitness Studio	6:30-7:15pm COR-LATES Fitness Studio	6:30-7:15pm POWER CIRCUIT Fitness Studio			
	6:00-7:30pm *ADVANCED CYCLE Cycle Studio		6:00-7:00pm *ADVANCED CYCLE Cycle Studio				
AQUA FITNESS – POOL AREA							
Morning	8:45-9:30am AQUA FIT	8:45-9:30am AQUA FIT	8:45-9:30am AQUA FIT	8:45-9:30am AQUA FIT	8:45-9:30am AQUA FIT		9:30-10:15am AQUA FIT
Afternoon	12:15-1:00pm AQUA FIT		12:15-1:00pm AQUA FIT		12:15-1:00pm AQUA FIT		
Evening	7:15-8:00pm AQUA FIT						

Live Well-Be Strong

People have different ways of describing a healthy lifestyle. But for most, it means living life in a way that helps a person to be both physically and emotionally healthy. Many things go into creating a healthy lifestyle, including:

- Positive Relationships
- Appropriate Exercise
- Proper Nutrition
- Adequate Rest

Wellness involves both choice and action. The choices you make each day, and the actions you take on those choices, can lead to a healthier lifestyle. Making positive choices in the areas of physical fitness, stress, work, relationships, medication, and nutrition - and then acting on those choices - promotes a sense of well-being and accomplishment.

There are other benefits from these choices, as well. Making a life-long commitment to a healthy lifestyle can reduce the effects of chronic mental illness, give you more energy, and increase your self-esteem and confidence.



Make A Difference

With Your Treasure

Philanthropy is fundamental to the Y mission. As an independent charitable, not-for-profit association, our success depends heavily on volunteer time and financial support from our members, businesses and the entire community. Our donors ensure quality programming and facilities that positively impact the health of kids and families regardless of their ability to pay full fees for memberships, camp and programs. Investing in the Y today will make a stronger community for everyone tomorrow.

With Your Time & Talent

Volunteering is a demonstration of caring for others. You will find it at the heart of your YMCA. We have opportunities for people to get involved by running programs, providing customer service, making policies and raising funds. When you give of your time and energy to others as a volunteer you receive in return the chance to learn, grow and have fun. If you are interested in becoming a volunteer or would like to learn more about volunteering at the YMCA please contact Association Services.

MISSION

The Brockville and Area YMCA is a *charity* dedicated to helping individuals grow in *spirit, mind* and *body*, and in service to others in an environment that is *open to all*.



CORE VALUES

Caring ~ Honesty ~ Respect ~ Responsibility



MEMBER AND PARTICIPANT ETIQUETTE

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity.

BUILDING HOURS (All program areas close 1/2 hour prior to building closure.)

Monday to Thursday:	5:30 am to 10:30 pm	Friday:	5:30 am to 8:30 pm
Saturday and Sunday:	7:00 am to 5:30 pm	Holidays:	8:00 am to 4:00 pm
Saturday Youth Night:	6:00 pm to 8:30 pm except on holiday weekends		

PLAYCARE HOURS (Quality child minding for newborns to 9 years of age, complimentary for members.)

Monday to Thursday:	8:30 am to 1:00 pm and 4:30 pm to 8:00 pm
Friday:	8:30 am to 1:00 pm
Saturday and Sunday:	8:30 am to 12:00 pm - No Holiday Service



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