



YMCA

We build strong kids,
strong families, strong communities.

Welcome to summer at the Y



Brockville and Area YMCA

SUMMER 2009

Effective June 22 to September 5

Your YMCA – A Charity Open To All

INCLUSIVE MEMBERSHIP

Membership Fees (Monthly Rate)

Family (2 adults)	\$90	Family (1 adult)	\$74	Adult	\$48
Senior	\$40	Student	\$40	Kids	\$28

Day Pass

Family	\$16	Adult	\$10	Senior	\$7
Student	\$7	Kids	\$4	Toddler	\$2

Prices are based on annual membership fee and include taxes and processing fees. New members or those returning after 3 months pay a building enhancement fee of \$50 per adult.

Open Swim Times

Mon & Wed	7:30 to 9:00 am	2:30 to 4:00 pm	6:00 to 7:00 pm	8:00 to 10:00 pm
Tue & Thu	7:30 to 9:00 am	10:00 am to 1:00 pm	2:30 to 4:00 pm	9:00 to 10:00 pm
Fri	7:30 to 9:00 am	2:30 to 4:00 pm	6:00 to 10:00 pm	
Sat	12:00 to 3:00 pm			
Sun	10:00 am to 6:00 pm			

Lanes available except during swim club, swim lessons and camp times (see pool schedule)

Wading Pool open except during swim lessons, camp (see pool schedule) and on Fridays - 9:30 to 11:00 am

Open Gym Times

Mon	5:30 to 8:00 am	1:00 to 2:30 pm	5:00 to 7:00 pm
Tue	5:30 to 8:00 am	1:00 to 2:30 pm	5:00 to 6:30 pm
Wed	5:30 to 8:00 am	1:00 to 4:00 pm	5:00 to 10:00 pm
Thu	5:30 to 8:00 am	1:00 to 2:30 pm	5:00 to 6:30 pm
Fri	5:30 to 8:00 am	N/A	5:00 to 10:00 pm
Sat	7:30 am to 5:00 pm		
Sun	7:30 am to 6:00 pm		

Free Fitness Features

The Brockville Y values our members and invites you to enjoy all the member advantages 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*
- Access to the Signature Series 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
- Open swim and gym times available daily

* Fees apply for certification courses and neuromuscular program

Get Connected! Volunteering is a demonstration of caring for others. You will find it at the heart of the YMCA.

We have opportunities for people to get involved in the community by running programs, providing customer service, making policies and raising funds. By giving your time to others, you have a chance to learn, grow and have so much fun.

Please call us today to learn how you can get involved.

YOUTH PROGRAMS

AIM (10 – 12 years)

This mandatory, members only program is designed for younger members who wish to access the conditioning area. The focus is on teaching safe exercise technique and improving your lifestyle.

See *Membership Services* for details.

Birthday Parties (6 – 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 decorated room, creative activities, choice of meal and one hour of pool or gym time. Book your party today at Membership Services.

Cost: \$100 members/\$150 non members

Champion Kids (6 – 12 years)

This program introduces kids to the sport of running, focusing on basic skills for building speed and endurance safely. (Jul & Aug).

Thu – 5:00 to 6:00 pm

Non member cost: \$55

Karate (6 – 12 years)

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

Tue & Thu – 6:30 to 9:00 pm

Non member cost: \$55

Parent and Tot Swim Lessons (6 months - 3 years)

A progressive program designed to help your infant/toddler feel comfortable in the water. Please ensure your child is dressed in plastic pants or water diaper. One parent or guardian per child.

Tue or Thu – 6:00 or Sat – 10:00 am

Non member cost: \$79.50/season

Swim Lessons (3 – 12 years)

This Learn to Swim program teaches children basic swimming strokes, skills and water safety. Register at Membership Services. Level assessments available.

Tue & Thu – Half hour sessions begin 6:00, 6:30, 7:00 and 7:30 pm and Sat – 10:00, 10:30, 11:00 and 11:30 am

Non member cost: \$79.50/season

Tennis (8 – 15 years)

This program introduces kids to the basic skills of the ever popular racquet sport in a fun, learning environment.

July 15, 20, 22, 27,
Tournament Aug 2,
Wrap Up Lesson Aug 10

Mon 5:30 to 6:30 pm

Non member cost: \$55

All Programs are free to members. Registration required except where indicated

CAMP

If you are looking for a safe, fun and stimulating camp experience for your child you have come to the right place! Our camping heritage makes the Brockville and Area YMCA Day Camps a trustworthy, solid and dependable choice. Meeting new friends, learning new skills and enjoying fun-filled days in a caring, supervised environment is what YMCA day camp is all about!

Choose from four locations; Park Street Y, Brown's Bay, Prescott or Athens. See Y Adventure Camp Brochure for more details.

Certification Courses

Babysitter Training

A certification course for young caregivers, 10 to 14 years old, which provides training to ensure a confident and competent entrepreneur. (Jul 11 or Aug 8)

9:00 am to 4:30 pm

Cost: \$10 members/\$79.50 non members

Bronze Medallion

This course is the first step to becoming a lifeguard. It will cover 4 components of water rescue as well as stroke efficiency and endurance. (Jul & Aug)

Sun – 3:00 to 6:00 pm

Cost: \$110 members/\$190 non members

Bronze Cross

This course is the second step to becoming a lifeguard. Advanced training including introduction to safe supervision in an aquatic environment. (Jul & Aug)

Sun – 3:00 to 6:00 pm

Cost: \$125 members/\$205 non members

Instructor Courses

This course enables you to teach all levels of swim lessons. Courses and recertification courses will be provided as requested.

CHILDCARE

The Brockville Y provides quality licensed childcare for families across the region, both centre based and licensed home day care.

Our programming builds on children's natural desire to learn new skills and become self reliant. Service available for children aged 18 months to 6 years in Brockville, Athens and Prescott and for ages 0 to 12 years in licensed homes. School Age programs are available for children, aged 5 to 11 years at several sites in Brockville, Athens and Prescott.

ADULT PROGRAMS

Karate

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

Tue & Thu – 6:30 to 9:00 pm

Non member cost: \$100

Nordic Walking

This exercise is a combination of cross country skiing and upper body movement, walking with specialized poles with a rubber boot tip. It burns up to 20-46% more calories than just walking and reduces stress on hips, knees and ankles. It improves stability, balance, posture and core muscle strength. Poles provided.

Choose from:

Tue or Thu – 7:00 to 8:00 am or

Wed – 6:00 to 7:00 pm

Non member cost: \$79.50

Learn to Run

Never run before? Try this gentle introduction to running. (Jul 8 to Sep 2)

Wed – 9:00 to 10:00 am

Non member cost: \$79.50

Running Club

This drop in, member only program is for 10K runners looking for some company. (Until Jul 25)

Sat – 8:00 am

Running Club - Half Marathon

Join us for two sessions a week starting Jul 29 to prepare for an October half marathon. Both sessions are required for adequate preparation.

Key point training (intervals, hills, tempo) on Wed – 5:30 to 7:00 pm and distance training on Sat – 9:00 to 11:00 am

Non member cost: \$79.50

Signature Series

New to the Y? Sign up for an introduction to the fitness and conditioning areas including instruction on how to use the various machines and safe exercise techniques. Two sessions may be booked via Membership Services.

Tennis Round Robin

All are welcome for this drop in program. To enjoy fun, fitness and friendship, just bring your racquet and your passion for the game. (May 5 to Sep 29)

Tue – 7:00 to 9:00 pm and

Thu – 9:00 to 11:00 am

Weight Training 101

Take your training to a new level as you add functional training with free weights to your routine. A certified fitness instructor will teach you safe and effective skills at both the beginner and intermediate level.

Tue – 6:00 to 7:30 pm

All Programs are free to members.
Registration required
except where indicated

Swim Clubs

Masters Swimming – www.swim1000.org

Call Murial at 613-342-7237 for fees and information.

Upper Canada Swim Club –
www.uppercanadaswimclub.com

Summer Program (Mon, Wed, Fri – 4:00 to 5:30 pm) Jun 29 to Aug 14.

Call 613-342-3210. ext. 72 for registration.



Personal Training & Rehab

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 – details regarding trainers and fees are available from Membership Services.

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. Contact Membership Services for registration, fees and dates.

Cardiac Rehabilitation

This Healthy Heart program has been designed to offer assistance and structure for individuals who have a history of heart related conditions or are at risk of developing heart disease. Contact Membership Services for registration, fees and dates.

GROUP FITNESS – LAND, WATER, AIR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		Cycle Fit		Cycle Fit			
7:30 am	Core - Mat		Core - Ball		Core - Bosu		
8:00 am	Cycle Fit	Total Body	Cycle Fit	Total Body	Cycle Fit		
9:00 am	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Yoga	Aqua Fit
10:00 am	Low Impact	20/20/20	Step	20/20/20	Low Impact		
10:30 am	Aqua Jog	Gentle Body	Aqua Jog	Gentle Body	Aqua Jog		
12:00 noon	Aqua Fit		Aqua Fit		Aqua Fit		
12:15 pm	Total Body	Cycle Fit	Step	Cycle Fit	Total Body		
1:30 pm	Gentle Fit		Your Rocker				
5:00 pm	Step	Total Body		20/20/20			
6:00 pm	Yoga		Road Fit				
7:00 pm	Aqua Fit	Yoga	Aqua Fit	Yoga			

20/20/20

A 3-in-1 workout which combines cardio, strength and flexibility and maximizes your fitness time.

AquaFit

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 the shallow or deep waters so swimmers and non swimmers alike are welcome.

Core

A class which builds core (back and abs) strength using mat, ball and bosu.

Cyclefit

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 highly recommended.

Gentle Body

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 Fit

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

Low Impact

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

Road Fit

Cyclefit outdoors! Bicycle and stamina required – all fitness levels welcome.

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.

Yoga

Increase flexibility, release tension and make the body and mind connection in this class through breathing, postures and relaxation techniques.

Your Rocker (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!

Fitness Classes are first come, first served and are open to individuals 13 years or older. Individuals may not join the class 15 minutes past the start time for health and safety reasons.

GYM SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am								
6:00 am								
6:30 am								
7:00 am								
7:30 am								
8:00 am	Camp 8:00-12:00	Camp 8:00-1:00	Camp 8:00-9:30	Camp 8:00-1:00	Camp 8:00-1:00			
8:30 am								
9:00 am								
9:30 am								
10:00 am								
10:30 am								
11:00 am								
11:30 am								
12:00 noon	Total Body 12:15-12:45		Step 12:15-12:45					
12:30 pm								
1:00 pm					Adult Floor Hockey 1:00-2:30			
1:30 pm								
2:00 pm								
2:30 pm	Camp 2:30-5:00	Camp 2:30-5:00		Camp 2:30-5:00	Camp 2:30-5:00			
3:00 pm								
3:30 pm								
4:00 pm			Camp 4:00-5:00					
4:30 pm								
5:00 pm								
5:30 pm								
6:00 pm								
6:30 pm		Karate 6:30-9:00		Karate 6:30-9:00				
7:00 pm	Teen/Adult Basketball 7:00-9:00							
7:30 pm								
8:00 pm								
8:30 pm								
9:00 pm								
9:30 pm								
10:00 pm								

POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am							
6:00 am	Masters 5:30-7:30 (2 lanes free)	Upper Canada Swim Club 5:30-7:30 (Ends Jul 30)	Masters 5:30-7:30 (2 lanes free)	Upper Canada Swim Club 5:30-7:30 (Ends Jul 30)	Masters 5:30-7:30 (2 lanes free)		
6:30 am							
7:00 am							
7:30 am						Upper Canada Swim Club 7:30-9:00 (Ends Jul 30)	Masters 7:30-9:00 (2 lanes free)
8:00 am							
8:30 am							
9:00 am	Aqua Fit 9:00-9:45 (2 lanes free)	Aqua Fit 9:00-9:45 (2 lanes free)	Aqua Fit 9:00-9:45 (2 lanes free)	Aqua Fit 9:00-9:45 (2 lanes free)	Aqua Fit 9:00-9:45 (2 lanes free)		Aqua Fit 9:00-9:45 (2 lanes free)
9:30 am							
10:00 am						Parent and Tot Lessons 10:00-10:30	
10:30 am	Aqua Jog 10:30-11:15 (2 lanes free)		Aqua Jog 10:30-11:15 (2 lanes free)		Aqua Jog 10:30-11:15 (2 lanes free)	Swim Lessons 10:00-12:00	
11:00 am							
11:30 am							
12:00 noon	Aqua Fit 12:00-12:45 (2 lanes free)		Aqua Fit 12:00-12:45 (2 lanes free)	Tim Horton's Free Swim 12:00-1:00	Aqua Fit 12:00-12:45 (2 lanes free)		
12:30 pm							
1:00 pm	Camp 1:00-2:30	Camp 1:00-2:30		Camp 1:00-2:30	Camp 1:00-2:30		
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm						Upper Canada Swim Club 3:00-5:30 (Ends Jul 30)	
4:00 pm							
4:30 pm	Upper Canada Swim Club 4:00-6:00	Upper Canada Swim Club 4:00-6:00 (Ends Jul 30)	Upper Canada Swim Club 4:00-6:00	Upper Canada Swim Club 4:00-6:00 (Ends Jul 30)	Upper Canada Swim Club 4:00-6:00		
5:00 pm							
5:30 pm							
6:00 pm		Parent and Tot Lessons 6:00-6:30		Parent and Tot Lessons 6:00-6:30			
6:30 pm							
7:00 pm	Aqua Fit 7:00-7:45 (2 lanes free)	Swim Lessons 6:00-8:00	Aqua Fit 7:00-7:45 (2 lanes free)	Swim Lessons 6:00-8:00			
7:30 pm							
8:00 pm		Masters 8:00-9:00 (4 lanes free)		Masters 8:00-9:00 (4 lanes free)			
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							



MISSION

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

VISION

We build strong kids,
strong families,
strong communities.

VALUES

Caring
Honesty
Responsibility
Respect

We offer financial assistance to anyone who is willing but unable to pay the full fee. Ask for details on how to apply.

BUILDING HOURS

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

Monday to Friday: 5:30 am to 10:30 pm

Saturday: 7:30 am to 5:30 pm

Sunday: 7:30 am to 6:30 pm

Holidays: 8:00 am to 4:00 pm

PLAYCARE HOURS

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

Monday to Thursday: 8:00 am to 12:00 pm and 4:30 pm to 8:00 pm

Friday: 8:00 am to 12:00 pm and 4:30 pm to 7:00 pm

Saturday and Sunday: 8:30 am to 12:00 pm



Brockville and Area YMCA
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