

Monday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Cycle	Gym	Playcare	Meeting
5:30	Masters ‡ 5:30-7:15	3 Lanes 5:30-7:15							
6:00									
6:30									
7:00	6 Lanes 7:15-8:15		Open Swim 7:15-8:40						
7:30									
8:00	Leisure 8:15-8:40	5 lanes 8:15-8:40		Core 8:00-8:30	Day Camp 7:30-6	Cycle* 9:30-10:15	Day Camp 8:30-4:30	Playcare 9:00-12:00	Day Camp 7:30-6
8:30	Aquafit 8:45-9:30	1 Lane 8:40-9:30							
9:00	Open Swim 9:30-9:55	3 Lanes 9:30-9:55	Open Swim 9:30-9:55	Low Impact 9:00-10:15					
9:30	Day Camps 10:00-11:00			Sit Fit/Chair Yoga 10:30-11:30					
10:00	Open Swim 11:00-12:10	3 Lanes 11:00-12:10	Parent & Tot 11:00-11:30						
10:30	Latin Aquafit 12:15-1:00	1 Lane 12:10-1:00	Open Swim 11:30-12:10	Total Body 12:15-12:45					
11:00	Day Camps 1:00 - 2:00								
11:30	Open Swim 2:00-2:45	3 Lanes 2:00-3:45	Open Swim 2:00-5:50						
12:00	Swim Club UCSC ‡ 2:50-5:20			1 Lane 3:50-5:20					
12:30	Swim Lessons ‡ 5:25-7:35								
1:00	Open Swim 7:40 - 9:00 Masters ‡ (1 Lane) 8:15-9:15	2 Lanes 7:40-9:00	Open Swim 7:40-8:15		Yoga 6:15-7:15	Jr NBA 6:15-7	Playcare 5:15-7:45		
1:30									
2:00									
2:30									
3:00									
3:30									
4:00									
4:30									
5:00									
5:30									
6:00									
6:30									
7:00									
7:30									
8:00									
8:30									
9:00									
9:30									



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‡ Registration Required

*Sign In required from Membership Services 30 min prior to class

Registration: June 19, 2017

YMCA of Brockville and Area
345 Park St
Brockville ON
K6V 5Y7
613 342 7961
<https://www.brockvilley.com>

Tuesday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Cycle	Gym	Playcare	Meeting					
5:30	Swim Club UCSC ‡ 5:30-7:15	1 Lane 5:30-7:15												
6:00														
6:30														
7:00														
7:30	6 Lanes 7:15-8:15		Open Swim 7:15-8:40											
8:00	Leisure 8:15-8:40	5 lanes 8:15-8:40												
8:30	Aquafit 8:45-9:30	1 Lane 8:40-9:30		Zumba 9:15-10:00	Day Camp 7:30-11:30									
9:00	Open Swim 9:30-10:00	3 lanes 8:15-8:40	Open Swim 9:30-10:00											
10:00	Day Camps 10:00-11:00		Day Camps 10:00-10:45	Gentle Total Body 10:30-11:15	Yoga 10:30-11:30			Playcare 9:00-12:00						
10:30														
11:00	Open Swim 11:00-1:00	3 lanes 11:00-1:00	Swim Lessons 10:45-11:15											
11:30														
12:00			Open Swim 11:30-1:00											
12:30														
1:00	Day Camps 1:00 - 2:00			Sit Fit 1:00-1:45										
1:30														
2:00	Deep Water Aqua 2:15-3:00	2 Lanes 2:15-3:15	Open Swim 2:00-5:20							Day Camp 11:30-6:30				
2:30														
3:00														
3:30														
4:00	Swim Club UCSC ‡ 3:20-5:20	1 Lane 3:15-5:20												
4:30														
5:00				Pure Pump 5:30-6:30										
5:30	Swim Lessons ‡ 5:25-7:35							PlayCare 5:15-7:45						
6:00														
6:30				Karate 6:45-8:00										
7:00														
7:30	Open Swim 7:40 - 9:00	2 Lanes 7:40-9:00	Open Swim 7:40-8:15											
8:00	Masters ‡ (1 Lane) 8:15-9:15													
8:30														
9:00														
9:30														



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Wednesday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Cycle	Gym	Playcare	Meeting
5:30	Masters ‡ 5:30-7:15	3 Lanes 5:30-7:15							
6:00									
6:30									
7:00									
7:30	6 Lanes 7:15-8:15		Open Swim 7:15-8:40						
8:00	Leisure 8:15-8:40	5 lanes 8:15-8:40							
8:30	Latin Aquafit 8:45-9:30	1 Lane 8:40-9:30							
9:00									
9:30	Open Swim 9:30-9:55	3 Lanes 9:35-9:55	Open Swim 9:30-9:55	Step 9:00-10:15		Cycle* 9:30-10:15			
10:00	Day Camps 10:00-11:00		Day Camps 10:00-10:45						
10:30								Playcare 9:00-12:00	
11:00	Open Swim 11:00-12:10	3 lanes 11:00-12:10	Swim Lessons 10:45-11:15						
11:30									
12:00	Aquafit 12:15-1:00	1 Lane 12:15-12:55	Open Swim 11:15-1:00		Day Camp 7:30-6		Day Camp 8:30-4:30		
12:30									
1:00	Day Camps 1:00 - 2:00								
1:30				Sit Fit 1:30-2:30					
2:00	Open Swim 2:00-3:15	3 Lanes 2:10-3:15							
2:30									
3:00	Swim Club UCSC ‡ 3:20-5:20	1 Lane 3:20-5:20	Open Swim 2:10-5:20						
3:30									
4:00									
4:30									
5:00									
5:30	Swim Lessons ‡ 5:25-7:35							PlayCare 5:15-7:45	
6:00									
6:30									
7:00									
7:30	Open Swim 7:40-9:00	3 Lanes 7:40-9:00	Open Swim 7:40-8:15						
8:00									
8:30									
9:00									
9:30									



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Thursday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Squash/ Cycle	Gym	Playcare	Meeting			
5:30	Swim Club UCSC ‡ 5:30-7:15	1 Lane 5:30-7:15										
6:00												
6:30												
7:00												
7:30	6 Lanes 7:15-8:15		Open Swim 7:15-8:40									
8:00	Leisure 8:15-8:40	5 lanes 8:15-8:40										
8:30	Aquafit 8:45-9:30	1 Lane 8:40-9:30								Zumba 9:15-10:00	Day Camp 7:30-10:30	
9:00												
9:30	Open Swim 9:30-10:00	3 Lanes 9:30-10:00	Open Swim 9:30-10:00									
10:00	Day Camps 10:00-11:00		Day Camps 10:00-10:45	Gentle Total Body 10:30-11:15	Yoga 10:30-11:30			Playcare 9:00-12:00				
10:30												
11:00	Open Swim 11:00-1:00	3 Lanes 11:00-10:00	Swim Lessons 10:45-11:15	Core 12:15-12:45	Day Camp 11:30-6							
11:30			Open Swim 11:30-1:00									
12:00												
12:30												
1:00	Day Camps 1:00 - 2:00											
1:30												
2:00	Deep Water Aqua 2:15-3:00	2 Lanes 2:15-3:15								Open Swim 2:00-5:20		Day Camp 11:30-6
2:30												
3:00	Swim Club UCSC ‡ 3:20-5:20	1 Lane 3:15-5:20										
3:30												
4:00												
4:30												
5:00	Swim Lessons ‡ 5:25-7:35			Core 5:30-6								
5:30												
6:00				Yoga 6:15-7:15								
6:30												
7:00	Karate 6:45-8:00				Volleyball Ages 16+ 6-7:30							
7:30												
7:30	Open Swim 7:40 - 9:00	2 Lanes 7:40-9:00	Open Swim 7:40-8:15									
8:00												
8:30	Masters ‡ (1 Lane) 8:15-9:15											
9:00												
9:30												



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Friday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Cycle	Gym	Playcare	Meeting					
5:30	Masters† 5:30-7:15	3 Lane 5:30-7:15												
6:00														
6:30														
7:00														
7:30	6 Lanes 7:15-8:15		Open Swim 7:15-8:40											
8:00	Leisure 8:15-8:40	5 lanes 8:15-8:40												
8:30	Aquafit 8:45-9:30	1 Lane 8:45-9:30	Open Swim 9:30-9:55							Low Impact 9-10:15				
9:00	Open Swim 9:30-10:00	3 Lanes 9:30-10:00												
9:30	Day Camps 10:00-11:00			Chair Zumba 10:30-11:30				Playcare 9:00-12:00						
10:00	Open Swim 11:00-12:10	3 Lanes 11:00-12:10	Open Swim 11:00-1:00											
10:30	Aquafit 12:15-1:00	1 Lane 12:15-1:00		Power Yoga 12:15-12:45	Day Camp 7:30-6		Day Camp 8:30-4:30		Day Camp 7:30-6					
11:00	Day Camps 1:00 - 2:00													
11:30	Open Swim 2:00-3:15	3 Lanes 2:00-3:15												
12:00														
12:30	Swim Club UCSC† 3:20-6:00	1 Lane 3:20-6:00	Open Swim 2:00-7:00											
1:00														
1:30														
2:00														
2:30														
3:00														
3:30	3 Lanes 6:00-8:00	Tim Hortons Swim 7:00-8:00												
4:00														
4:30	Tim Hortons Swim 7:00-8:00													
5:00														
5:30														
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
8:30														



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Saturday

	Pool	Lane Swim	Wading Pool	Studio	Yoga Studio	Gym	Squash Court	Playcare
7:00	Swim Club UCSC† 7:00-9:00	1 Lane 7:00-9:00						
7:30								
8:00								
8:30								
9:00		3 Lanes 9:00-10:30						Playcare 9:15-11:45
9:30								
10:00								
10:30								
11:00								
11:30								
12:00	Open Swim 9:00-5:00	2 Lanes 10:30-5:00	Open Swim 8:00-5:00					
12:30	Birthdays Party 2:00-2:45		Birthdays Party 2:00 - 2:45	Birthdays Party 1:00-3:00				
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								



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Sunday

	Pool	Lane Swim	Wading Pool	Yoga Studio	Cycle	Gym	Playcare	Meeting		
7:00	6 Lanes 7:00-9:00									
7:30										
8:00										
8:30										
9:00	Aquafit 9:15-10:00	2 Lanes 9:00-10:00	Leisure 8:00-5:00				Scuba‡ 9:00-10:00			
9:30										
10:00	Open Swim & Scuba‡ 10:00-1:30	1 Lane 10:00-1:30								
10:30									Tabata 10:15-11:00	Playcare 9:15-11:45
11:00										
11:30			Pickleball All Levels 12-1							
12:00			Birthday Party 2:00-2:45							
12:30										
1:00									Birthday Party 1:00-3:00	Pickleball Intermediate 1-3
1:30										
2:00										
2:30										
3:00									2 Lanes 1:30-5:00	
3:30										
4:00										
4:30										
5:00										



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Aquatics †

Summer Session: July 2, 2017 - August 18, 2017

Drop in Programs

Parent and Tot (6 months - 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 a water diaper. One parent or guardian in the water per child.

SPLASHER / BUBBLER: WADING POOL 6 months to 3 years: DROP-IN

Monday	11:00 - 11:30am
Wednesday	4:50 - 5:20pm

Registered Swim Lessons †

Lil'Dippers (3-5 years) †

Beginner level swimmers will learn foundational swimming skills that will be applied throughout their future aquatics activities. They will improve their body awareness and motor skills as they kick, float, glide and jump in the water. They will be competent swimmers on their front and back when they complete the Dipper Preschool Program

Monday, Tuesday, Wednesday or Thursday
 - 5:25 - 5:55pm - 5:55 - 6:25pm
 - 6:30 - 7:00pm

Learn to Swim (ages 6 and up) †

Beginner level swimmers will learn foundational swimming skills that will be applied throughout their future aquatics activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water. They will be competent swimmers on their front and back when they complete the Swimmer Learn to Swim Program.

Monday, Tuesday, Wednesday or Thursday
 - 5:25 - 5:55pm - 5:55 - 6:25pm
 - 6:30 - 7:00pm - 7:05 - 7:35pm

Star Program (ages 8 and up*) †

Continuing swimmers will learn elementary backstroke, breaststroke, and side stroke while increasing their swimming distance to 350 metres by the end of Star 4. The optional items give children opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

***Children may move into these levels at a younger age, depending on their ability.**

Monday, Tuesday, Wednesday or Thursday
 - 5:25 - 5:55pm - 5:55 - 6:25pm
 - 6:30 - 7:00pm - 7:05 - 7:35pm

STAR 5, 6, 7 - 9 to 12 years †

Prerequisite: Star 4 or Equivalent

****Re-registration is required when your child has completed Star 4**

This program allows more advanced swimmers the chance to progress through Star 5, 6, 7.

Wednesday or Thursday 6:30-7:30pm

H2O LEADERS (ages 10 and up*) †

Competent and confident swimmers will build on their strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve their physical fitness.

Prerequisite: Star 5 or equivalent

Monday 6:30-7:30pm

ADULT SWIM LESSONS †

The YMCA helps adults develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction.

Tuesday 6:30-7:30pm

PRIVATE LESSONS †

Lessons in packages of 4 half hour sessions.

Lessons available upon request.

Register at Membership Services.

Private: Member: \$50 / Non-Member: \$100

Scuba

SCUBA CLASSES †

Ages: 12+

Attendance to 8 sessions is required.

Contact Bob Swan at 613-342-0798 for certification details.

Participants can register at any time.

Members \$250 / Non Members \$350

****Certification not included.**

**Sunday 9:00 - 10:00am in classroom,
10:00 - 1:30pm in the pool.**

DISCOVER SCUBA

Ages: 12+ †

Curious about scuba diving? Come join for a free 1 day introduction to scuba diving!

Sunday 10:30-12:00

- July 9th



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Leadership Courses ‡

The three steps to becoming a Lifeguard. For more information on Lifesaving Society courses please see their website at www.lifesavingsociety.com. Prices below do not include tax.

BRONZE MEDALLION & EMERGENCY FIRST AID 13+ years ‡

Participants must attend all sessions. Exam included within course.
Teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.
Lifesaving Manual \$50
Member: \$120 / Non-Member: \$160

- Fri 4:00 - 8:00pm, Sat and Sun: 9:00am - 5:00pm
July 14, 15 & 16

BRONZE CROSS 13+ years ‡

Prerequisite: Bronze Medallion and Emergency First Aid.
Participants must attend all sessions. Exam included within course.
Member: \$120 / Non-Member: \$160

- Fri 4:00 - 8:00pm, Sat and Sun: 9:00am - 5:00pm
July 14, 15 & 16

NATIONAL LIFEGUARD 16+ years ‡

Prerequisite: Bronze Cross and Standard First Aid with CPR-C
Participants must attend all sessions. Exam included within course.
Alert Manual: \$50
Member: \$150 / Non-Member: \$200

- Fri 4:00 - 8:00pm, Sat and Sun: 9:00am - 5:00pm
July 28, 29, 30 & August 11, 12, 13

NATIONAL LIFEGUARD RECERTIFICATION ‡

Members and Non-Members \$90
- Sunday 10:00-5:00pm August 13th

STANDARD FIRST AID WITH CPR C ‡ (Lifesaving Society)

Participants must attend all sessions. Exam included within course.
Member and Non-Members \$90
Tuesday, Wednesday, and Thursday 5:00 - 10:00pm
- July 18, 19 & 20

STANDARD FIRST AID WITH CPR C RECERTIFICATION ‡

Prerequisite: Lifesaving Society Standard First Aid with CPR-C
(Lifesaving Society) ‡
Member \$60 and Non-Members \$70
Sun 9:00-5:00
- August 20

CPR C RECERTIFICATION ‡ (Lifesaving Society)

Cost \$40
5:00-9:00
- August 29

If you have any questions regarding pre-requisites, we strongly encourage you to contact us or the Lifesaving Society at 416-490-8844. Course refunds/credits will not be issued because of missing pre-requisites.



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Birthday Parties ‡



Come join the fun at the YMCA on your next birthday. Your party includes two hours in the Yoga studio and a 45 minute swim!

Cost: Member \$99/Non-Member \$139

Saturdays: - Yoga Studio: 1:00-3:00pm
or **Sundays** - Pool 2:00-2:45pm

* Registrations are accepted 2 months prior to your party. Parents supply cake, decorations, cutlery and any other supplies needed. Tables and chairs are provided.

PlayCare

Ages 6 months -6 years

Drop off the young ones with our friendly and welcoming staff while you enjoy your workout. (Must remain in the building.) There is a two hour limit to this babysitting service. \$1 for each 30 minutes or you may purchase a monthly pass. Purchase your punch pass or monthly pass at Membership Services. You must have either pass to use this service.

Recreation Programs

JR. NBA (5-7 years) ‡

New Participants \$40 / Retuning Participants \$80
This is a 9 week skills development program which includes a junior size basketball and NBA t-shirt to keep for new registrants.

PICKLEBALL ROUNDROBIN

Ages 16+, Wednesday, All Levels, 6:30-8:30pm, Sunday 12:00-1:00pm
Ages 16+, Sunday, Intermediate, 1:00-3:00pm
Join others for a friendly game of this new popular sport. A great workout and a lot of fun!

VOLLEYBALL

Ages 16+, Tuesday, 6:00 - 7:30
Have a blast playing drop in volleyball. All skills levels welcome to join in on the fun.

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Fitness

CYCLE FIT

A cardiovascular and aerobic workout on a stationary bike, which gives you the benefit of outdoor cycling, in an indoor atmosphere. **Sign in is required to participate and is available 30 minutes prior to the start of class. First come, first served at the Membership Services Desk.**

STEP

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

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.

CORE

An intense workout for the entire torso, this 30 minute class focuses on toning and strengthening the body's core, abdominal and back muscles.

CARDIO

A cardio-based fitness class for all levels. Could include HIIT, Cardio Combat, Cycling, Hi Lo, Circuit Training. Something for everyone!

PUMP

A barbell and free weight program for able-bodied men and women of all ages. The routines cater to all fitness levels using simple movements for all muscle groups. The participant is able to work at their own level by increasing or decreasing the weights.

TABATA

This form of High Intensity Interval Training works 20 seconds of ultra intense functional exercise with 10 seconds of rest repeated continuously for 4 minutes (8 cycles). Individuals will benefit from strength and aerobic gains, as well as an elevation to resting metabolic rate. Intermediate or advanced fitness levels only.

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 and stability balls, and/or steps.

URBAN POLING

Nordic walking is a full-body exercise that's easy on the joints and suitable for all ages and fitness levels. Bring your own poles, or borrow a set as available.

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.

CHAIR ZUMBA

The international fitness dance, Zumba, is adapted to the chair for this class. Modifications provided to allow participants to be seated, or to stand with balance assistance from a chair. Join this fun, low impact exercise class.

GENTLE STRETCH

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

SIT FIT/YOGA

A one hour class broken up into 30 minute blocks. First half are chair based strengthening exercises, the second half are focused on stretching, breathing, balance and relaxation. Great for those with reduced mobility, balance difficulties, or easing back into exercise after injury or surgery.

LOW IMPACT

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

GENTLE STRETCH

This class is for those who haven't taken the step to Yoga, yet are looking for some improved flexibility. General total body stretching will be done with some focus on specific muscle groups as requested.

Yoga

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

YOGA: ALL LEVELS

Traditional Yoga program for all levels and abilities.

POWER YOGA

Traditional Yoga program for all levels and abilities.

Personal Training

Personal Training Rates	Member	2 Members	Non-Member
Getting Started Package	\$175	-	-
1 Session	\$45	\$65	\$60
5 Sessions	\$200	\$280	\$260
10 Sessions	\$375	\$525	\$490

Aquafit

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 shallow or deep water so swimmers and non-swimmers alike are welcome.

LATIN AQUAFIT

All the energy and motivation of a dance-inspired fitness class, taken to the water to make it low impact. Join in the pool where music, fun and fitness meet.

DEEP WATER AQUA FIT

A deep water class that blends aqua jogging with drills designed to work the body while minimizing stress on joints. The water's support also makes deep water aqua ideal if you are recovering from an injury.



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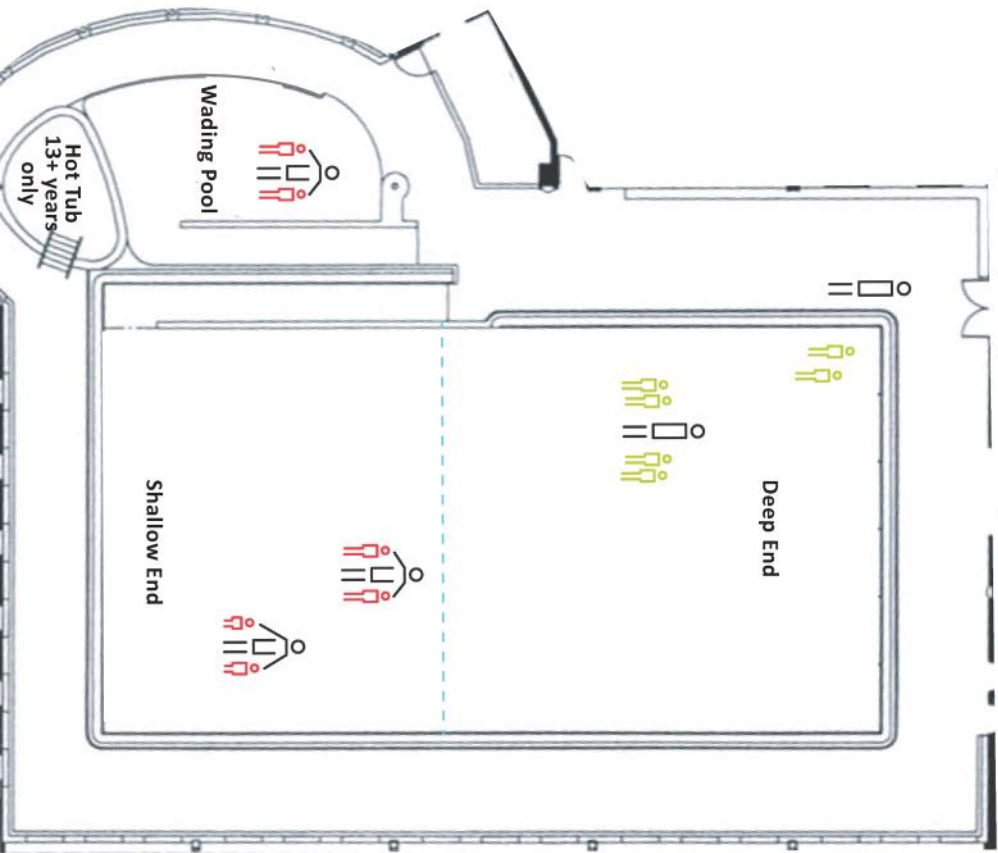


Pool Admission Standards

The YMCA of Brockville and Area is committed to ensuring a safe and secure environment for all who use our pool.

Access

- * A shower is required prior to using the pool area
- * Sauna and hot tub can be accessed by individuals 13 years and older
- * Only swim diapers are permitted in the pool



Swim Test Standards

To successfully complete the facility swim test, individuals must:

1. Swim 25 meters from shallow end to deep end along a wall without stopping or touching the wall or bottom.
 - * Complete the entire distance
 - * Swim continuously
 - * Swim with face in at least once
 - * Not touch the wall/bottom
2. Jump into the deep water from side of pool
 - * Jump away from the side with comfort
 - * Surface from jump and begin treading
 - * Easily surfaces to top of water
3. Surface from jump and tread 30 seconds without touching the wall
 - * Keep his/her head out of the water the whole time
 - * Appear comfortable
 - * Be able to swim comfortably to side

= 16+ years

not completed swim test

completed swim test

Ratio	Standard
0 to 5 years 2 Children per 1 Adult	Accompanied by an adult (16yrs or older) in the water, within arms reach at all times regardless of completing facility swim test.
6 to 9 years 2 Children per 1 Adult	UNSUCCESSFUL SWIM TEST Accompanied by an adult (16yrs or older) in the water, within arms reach at all times.
6 to 9 years 3 Children per 1 Adult	SUCCESSFUL SWIM TEST May swim unaccompanied. An adult must remain in the pool area and be responsible for the children's supervision.
10+ years No Adult required	May swim unaccompanied.

Building healthy communities



‡ Registration Required

*Sign In required from Membership Services 30 min prior to class

Registration: June 19, 2017

YMCA of Brockville and Area
345 Park St
Brockville ON
K6V 5Y7
613 342 7961
<https://www.brockvilley.com>

Important Information

Registered Programs

If your child missed three consecutive classes and the YMCA is not notified in advance, your child's space may become available for the next person waitlisted for that space. This includes both dry land programs and aquatic lessons.

Camp and Course Refunds

Camp and course refunds will be issued up to 7 days in advance of course start date. Cancellations within 7 days prior to course start date are subject to a \$20.00 (Camp) or \$15.00 (Course) administration fee. Refunds will not be issued after course start date

Membership Cancellation

Pre-authorized membership plans can be cancelled at any time, and must be made in writing to the YMCA of Brockville and Area at least 15 days before the effective date of cancellation. Please note we are unable to accept cancellations by phone. Cancellations will not be backdated. No refund shall be issued for pre-authorized withdrawals.

Memberships paid in full will be pro-rated on date of request and a \$20.00 plus tax administration fee will be charged.

Admission Standards

The YMCA is committed to providing a safe and enjoyable experience for all who use our pool. For this reason, we use the admission standards on the previous page.

Holiday Special

When a holiday is during or next to a weekend, the YMCA may run a Holiday Special in lieu of regular programming throughout that weekend. A Holiday Special's schedule will be:

Please check website or membership services for stat day holiday schedule.

Time	Activity
10:30am-12:00pm	Swim & Gym
10:00-10:45am	Fitness Class
9:15-11:45am	PlayCare

Monthly Membership Rates

***Membership Rates Plus HST & Administration Fees**

Family (2 Adults): \$102.27*
 Family (1 Adult): \$83.30*
 Adult: \$52.32*
 Senior (60+): \$42.92*
 Students (18+): \$42.91*
 Teen (13-17): \$29.43*
 Youth/Child/Preschool (2-12): \$30.41
 Toddler (0-under 2): Linked to Adult

Annual Rates also Available

Daily Rates

Adult: \$15
 Senior: \$10
 Students (18+): \$10
 Teen (13-17): \$10
 Youth/Child/Preschool (2-12): \$5
 Toddler (0-2): \$3

PlayCare Hours

Morning
 Monday - Friday: 9:00 - 12:00
 Saturday, Sunday 9:15 - 11:45
Evening
 Monday - Thursday 5:15 - 7:45

Child Protection

The YMCA is committed to providing a safe and secure environment for all who use our facility. For this reason, all children under the age of 10 must be either with a parent or guardian who is at least 16 years of age, or they must be signed into a staffed program.

All guests 16 and up entering our facility to participate, pick up, spectate, must show government issued photo ID.

Building Hours:

Monday - Thursday:
 5:30am - 10:30pm
Friday:
 5:30am - 8:30pm
Saturday & Sunday:
 7:00am - 5:30pm
Holidays:
 8:00am - 4:00pm



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