

**Hours of Operation**

Monday to Friday

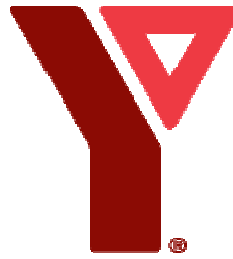
5:30am – 10:00pm

Saturday and Sunday

7:30am – 5:30pm

**Statutory Holidays**

9:00am – 2:00pm



YMCA of Central East Ontario

City of Quinte West Branch

50 Monogram Place

Trenton, Ontario

K8V 5P8

Tel: 613.394.9622

Fax: 613.394.8223

<http://www.ymcaofceo.ca>

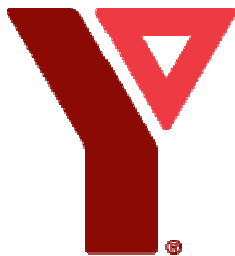
**Effective January 9-April 2, 2017**

**Winter 2017 Open Gym / Youth Programs Schedule**

**Winter 2017 Open Gym / Youth Programs Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Child / Youth &amp; Family Programs</b>	<b>Messy Crafy Tots</b> (2-4yrs) 9:30-10:00am <i>*supply fee required</i>	<b>Mini Music Makers</b> (2-4yrs) 9:30-10:00am	<b>Mini Movers</b> (2-4yrs) 9:30-10:00am	<b>Tumble Tots</b> (2-4yrs) 9:30-10:00am		<b>Tumble Tots</b> (2-3yrs) 8:30-9:00am <b>Kidnastics</b> (4-6yrs) 9:05-9:50am (4-6yrs) 9:55-10:40am <b>Gymnastics</b> (7-9yrs) 10:45-11:30am (East Gym)	<b>Kidnastics</b> (4-6yrs) 9:05-9:50am <b>Gymnastics</b> (7-9yrs) 9:55-10:40am (10-13yrs) 10:45-11:30am (East Gym)
	<b>Family Fun Zone</b> (all ages) 10:15-12:00pm	<b>Family Fun Zone</b> (all ages) 10:15-12:00pm	<b>Family Fun Zone</b> (all ages) 10:15-12:00pm	<b>Family Fun Zone</b> (all ages) 10:15-12:00pm	<b>Home School (4-13yrs)</b> Science,Art,Drama 9:30-10:15am Gym 10:15-11:00am		
	<b>Artrageous</b> (4-6yrs) 4:30-5:15pm (7-13 yrs) 5:30-6:15pm (multi-purpose Rm) <i>*supply fee required</i>	<b>Science Kids</b> (4-6yrs) 4:30-5:15pm (7-13yrs) 5:30-6:15pm (multi-purpose Rm) <i>*supply fee required</i>	<b>Stay and Play</b> (1-3yrs) 10:15-12:00pm  <b>Soccer</b> (4-6) 4:30-5:15pm (4-6) 5:20-6:05pm (West Gym)	<b>Home School (4-13yrs)</b> Science,Art,Drama 2:15-3:00pm Gym 3:00-3:45pm		<b>Mini Music Makers</b> (2-3yrs) 9:15-9:45am	<b>Soccer</b> (4-6) 10:00am-10:45am (7-9) 10:50am-11:35am (West Gym)
	<b>TAG</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm)	<b>Tumble Tots</b> (2-3yrs) 4:30-5:00pm <b>Kidnastics</b> (4-6yrs) 5:05-5:50pm <b>Gymnastics</b> (7-9yrs) 5:55-6:40pm (10-13yrs) 6:45-7:30pm (East Gym)	<b>Tiger Tot Martial Arts</b> (4-6yrs) 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm (multi-purpose Rm)	<b>Tumble Tots</b> (2-3yrs) 5:00-5:30pm <b>Kidnastics</b> (4-6yrs) 5:35-6:20pm (4-6) 6:25-7:10pm <b>Gymnastics</b> (7-9yrs) 7:15-8:00pm (10-13yrs) 8:05-8:50pm (East Gym)		<b>Just Dance</b> (4-6yrs) 9:50-10:35am (4-6yrs) 10:40-11:25am (7-9yrs) 11:30-12:15pm (Studio)	
	<b>Mini Movers</b> (2-3yrs) 4:30-5:00pm						
	<b>Sports Mania</b> (4-6yrs) 5:05-5:50pm (7-9yrs) 5:55-6:40pm (East Gym)	<b>Basketball</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (West Gym)	<b>Floor Ball</b> (7-9yrs) 4:30-5:15pm (10-13yrs) 5:20-6:05pm (East Gym)	<b>Drama Club</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm)		<b>Junior Builders</b> (7-13yrs) 9:00-9:45am (multi-purpose Rm) <i>*supply fee required</i>	<b>Teen Strength</b> (13-14yrs) 1-5pm (one day option) <b>Feb 19, March 26</b>
	<b>Intramural Sports</b> (10-13yrs) 6:45-7:30pm (East Gym)	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm	<b>Family Martial Arts</b> (7yrs & up) 6:30-7:45pm <i>*fee required</i>	<b>Fit Kids</b> (7-13yrs) 6:30-7:15pm		<b>Snack Attack</b> (7-13yrs) 10:00-10:45am (multi-purpose Rm) <i>*supply fee required</i>	
	<b>Teen &amp; Adult Martial Arts</b> (16 & up) 7:30-9:00pm	<b>Teen Strength2</b> (10-14yrs) 6:00-7:00pm  <b>Youth Leader Corps</b> (11-16yrs) 6:15-8:15pm <b>Youth Leadership</b> (11-13yrs) <b>Leaders in Training</b> (14-16yrs)	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm	<b>Teen Strength</b> (10-14yrs) 5:00-6:00pm		<b>Mini Movers</b> (2-3yrs) 11:00-11:30am	<b>Indicates Drop in program - Not available on PA Days</b>
				<b>Just Us Guys</b> (7-13yrs) 5:00-6:30pm (multi-purpose Rm) <b>Aquatic Leader Corp</b> (11-15yrs) 6:20-8:20pm	<b>Parents Night Out</b> (4-10yrs) February 24, March 24, April 21, May 26, June 16 6:00-9:00pm	<b>Sports Mania</b> (4-6yrs) 11:40-12:25pm (7-13yrs) 12:30-1:15pm	

Hours of Operation  
Monday to Friday  
**5:30am** – 10:00pm  
Saturday and Sunday  
7:30am – 5:30pm  
Statutory Holidays  
9:00am – 2:00pm



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**Effective January 9-April 2, 2017**

Winter 2017 Open Gym / Youth Programs Schedule

### Winter 2017 Open Gym / Youth Programs Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> - times subject to change	5:30am - 9:15am 12:30pm-5:00pm 8:00pm-9:45pm	5:30am - 9:15am 3:30pm-4:30pm 7:30pm-9:45pm	5:30am - 9:15am 12:00pm-4:00pm	5:30am - 9:15am 3:30pm-4:30pm 9:00pm - 9:45pm	5:30am - 9:15am 10:30am-12:45pm 1:15pm - 5:00pm	7:30am -9:15am 1:30pm - 5:15pm	7:30-10:30am 12:30pm-5:15pm
<b>KidsKare</b>	9:00am- 12:30pm 4:30pm-8:30pm	9:00am- 12:30pm 4:30pm-8:30pm	9:00am- 12:30pm 4:30pm-8:30pm	9:00am- 12:30pm 4:30pm-8:30pm	9:00am- 12:30pm	8:30am - 12:00pm	
<b>Special Bookings</b>						Birthday Parties 2:00-5:00pm	Birthday Parties 2:00-5:00pm

#### Parents Night Out

A special program which allows parents to have a night out without hiring a babysitter. Children will have a night of fun activities. Supervised by YMCA certified and trained staff. ages 4-10yrs. Friday January 20th, February 24th, March 24th, April 21st, May 26th, June 16th, 2017  
6:00pm-9:00pm

YM - \$5.00

NM \$7.00

#### Home Alone Safety Course

One day course for Age 10 and up to build confidence in young people who spend time at home alone. Includes home and fire safety.  
**Saturday, January 21st, March 25th or May 27th 9am -5pm YM - no charge NM \$50**

#### Baby Sitting Course

One day course to help youth become confident and prepared to care for children of various ages, apply First Aid Skills and deal with emergencies  
**Age 11 and up Saturday, February 25th, April 29th or June 10th 9:00am-5:00pm YM \$40.00 NM \$50**

#### Teen Strength and Teen Strength 2

Youth under the age of 15 must take the Teen Strength program in order to use the Strength & Conditioning Centre. This program will give them the basic understanding of training principles and fitness concepts. Youth who graduate from this program will be issued a card that will allow them to use the Strength & Conditioning Centre with a parent or guardian.

**Teen Strength 2 is for those that have completed Teen Strength .**

Available to YMCA members only. Age 10-14

**Teen Strength - Tuesday, Wednesday, or Thursday 5:00-6:00pm**

**Teen Strength 2 - Thursday 6:00-7:00pm**

**1 day option for 13-14 year olds - 1-5pm January 22nd, February 19th, March 26th, 2017**

#### Youth Leader Corps

Youth participate in fun activities that will increase self esteem and build leadership skills such as communication, team work, lesson planning and program instruction. Come meet new friends and have fun at your YMCA.

**Ages 11-16 years**

**Wednesdays - September to June**

**6:15-8:15pm**

**YMCA Members only**