

Register  
online at  
ymcabrandon.ca



# Programs Fall 2019

Session Runs September 16—December 1, 2019

\*Courses do not run on Stat Holidays

Member Registration Begins  
August 12, 2019

Non-Member Registration Begins  
August 26, 2019

## REGISTERED PRESCHOOL PROGRAMS

\*Please note: Children must be fully potty trained to attend registered programs without a parent.

Program	Mon	Tues	Wed	Thurs	Sat	Cost
Story Time/All Sorts of Play, Ages 3-5	9:30—11:00 am					Members: FREE Non-Members: \$85.00
Little Learners, Ages 3-5					9:30—10:30 am	
All Sorts of Play, Ages 3-5					10:45—11:45 am	

## REGISTERED YOUTH PROGRAMS

Mon	Tues	Wed	Thurs	Fri	Sat	Cost
Active Start Ages 5—7 4:30—5:15 pm	Y Games Ages 5—7 4:30—5:15 pm	Time Machine Ages 8—12 5:30—6:15 pm	Learn to Train Ages 5—7 4:30—5:15 pm	Youth Night Ages 8—15 6:00—8:30 pm	Pickleball Ages 8—12 9:00—10:00 am	Members: FREE Non-members: \$85.00
Art Ages 6—12 5:30—6:15 pm	Dance Ages 8—15 5:30—6:30 pm	Basketball Ages 8—12 5:30—6:15 pm	No Bake Recipes Ages 8—12 5:30—6:15 pm		Swim Fit Ages 8—15 9:00—11:00 am	
Yoga Ages 8—15 6:30—7:15 pm	All Sorts of Sports Ages 8—12 6:45—7:30 pm	Youth Fitness Ages 8—12 5:45—6:30 pm	Dry Land Training Ages 8—15 6:30—7:15 pm			
	Soccer Ages 8—12 7:45—8:30 pm	Youth Hangout Ages 8—15 6:30—7:30 pm	Floorball Ages 8—12 5:30—6:15 pm			**Members Only Program
		Youth Strength Ages 10—15 6:45—7:30 pm	Dodgeball Ages 8—12 6:30—7:15 pm			
			**Leaders in Training Ages 10—15 7:30—8:30 pm			

## DAY CAMPS/SCHOOL BREAK DAYS

**School Break Days, New Years' Camp**—provide a fun environment for children ages 5—12 while school is out.

Registration opens in August

**Spring Break Camp**—Individually themed camp days during the March break—Registration opens in December

**Summer Day Camps**—A summer filled with fun and interesting themes—Registration opens in March

All camps include swimming, crafts and games as well as activities involving the camp theme.

Watch for our Summer Camp brochure in March. Register early as space is limited and camps fill up quickly.

\*See individual brochures or website for each of the above, or call the YMCA for more details.

## PRESCHOOL SWIMMING LESSONS

Level	Mon	Tues	Wed	Thurs	Sat	Cost
<b>Splashers</b> Infant—18 months (Parented) Equivalent to Red Cross Starfish	2:00—2:30 pm	5:30—6:00 pm		11:00—11:30 am	11:45—12:15 pm	<b>Members:</b> FREE  <b>Non-Members:</b> \$85.00
<b>Bubblers</b> 19—36 months (Parented) Equivalent to Red Cross Duck	2:00—2:30 pm	5:30—6:00 pm		11:00—11:30 am	11:45—12:15 pm	
<b>Bobbers</b> 3—5 Yrs Equivalent to Red Cross Duck/Sea Turtle	4:45—5:15 pm 5:30—6:00 pm	4:45—5:15 pm 5:30—6:00 pm 6:15—6:45 pm	4:45—5:15 pm 6:15—6:45 pm	11:30—12:00 pm 5:30—6:00 pm 6:15—6:45 pm	9:30—10:00 am 10:15—10:45 am 11:00—11:30 am 11:45—12:15 pm 12:30—1:00 pm 1:15—1:45 pm	
<b>Floater</b> s Must complete Bobbers Equivalent to Red Cross Salamander	6:15—6:45 pm	4:45—5:15 pm	5:30—6:00 pm	11:30—12:00 pm 4:45—5:15 pm	10:15—10:45 am 11:00—11:30 am 11:45—12:15 pm 1:15—1:45 pm	
<b>Gliders</b> Must complete Floater Equivalent to Red Cross Sunfish	5:30—6:00 pm 6:15—6:45 pm	5:30—6:00 pm 6:15—6:45 pm	4:45—5:15 pm	4:45—5:15 pm 6:15—6:45 pm	9:30—10:00 am 11:00—11:30 am 12:30—1:00 pm	
<b>Divers</b> Must complete Gliders Equivalent to Red Cross Crocodile	5:30—6:00 pm 6:15—6:45 pm	5:30—6:00 pm 6:15—6:45 pm	4:45—5:15 pm	4:45—5:15 pm 6:15—6:45 pm	9:30—10:00 am 11:00—11:30 am 12:30—1:00 pm	

## YOUTH SWIMMING LESSONS

Level	Mon	Tues	Wed	Thurs	Sat	Cost
<b>Otter</b> age 6+ Equivalent to Red Cross Level 1	4:45—5:15 pm 5:30—6:00 pm	4:45—5:15 pm	4:45—5:15 pm 5:30—6:00 pm 6:15—6:45 pm	4:45—5:15 pm 5:30—6:00 pm	9:30—10:00 am 10:15—10:45 am 11:00—11:30 am 1:15—1:45 pm	<b>Members:</b> FREE  <b>Non-Members:</b> \$85.00
<b>Seal</b> Must complete Otter Equivalent to Red Cross Level 2	4:45—5:15 pm 6:15—6:45 pm	4:45—5:15 pm 6:15—6:45 pm	5:30—6:00 pm 6:15—6:45 pm	5:30—6:00 pm 6:15—6:45 pm	9:30—10:00 am 10:15—10:45 am 11:45—12:15 am 1:15—1:45 pm	
<b>Dolphin</b> Must complete Seal Equivalent to Red Cross Level 3 & 4	4:45—5:30 pm 5:30—6:15 pm	6:15—7:00 pm	4:45—5:30 pm 6:15—7:00 pm	4:45—5:30 pm	11:00—11:45 am 12:30—1:15 pm	
<b>Swimmer</b> Must complete Dolphin Equivalent to Red Cross Level 5	5:30—6:15 pm	5:30—6:15 pm 6:15—7:00 pm	4:45—5:30 pm	5:30—6:15 pm	10:15—11:00 am 11:45—12:30 pm 1:15—2:00 pm	
<b>Star 1</b> Must complete Swimmer Equivalent to Red Cross Level 6	6:15—7:00 pm	4:45—5:30 pm	5:30—6:15 pm	4:45—5:30 pm 5:30—6:15 pm	9:30—10:15 am 10:15—11:00 am 11:00—11:45 am 12:30—1:15 pm 1:15—2:00 pm	
<b>Star 2</b> Must complete Star 1 Equivalent to Red Cross Level 7	6:15—7:00 pm	4:45—5:30 pm	5:30—6:15 pm	4:45—5:30 pm 5:30—6:15 pm	9:30—10:15 am 10:15—11:00 am 11:00—11:45 am 12:30—1:15 pm 1:15—2:00 pm	
<b>Star 3</b> Must complete Star 2 Equivalent to Red Cross Level 8	4:45—5:30 pm	5:30—6:15 pm	5:30—6:15 pm	6:15—7:00 pm	11:45—12:30 pm	
<b>Star 4</b> Must complete Star 3 Equivalent to Red Cross Level 9	4:45—5:30 pm	5:30—6:15 pm	5:30—6:15 pm	6:15—7:00 pm	11:45—12:30 pm	
<b>Star 5</b> Must complete Star 4 Equivalent to Red Cross Level 10	6:15—7:00 pm		6:15—7:00 pm	6:15—7:00 pm	9:30—10:15 am	
<b>Star 6</b> Must complete Star 5 Equivalent to Red Cross Level 10 & up	6:15—7:00 pm		6:15—7:00 pm	6:15—7:00 pm	9:30—10:15 am	
<b>Star 7</b> Must complete Star 6 Equivalent to Red Cross Level 10 & up	6:15—7:00 pm		6:15—7:00 pm	6:15—7:00 pm	9:30—10:15 am	

## ADULT & TEEN SWIMMING LESSONS

Level	Mon	Tues	Wed	Thurs	Sat	Cost
Adult Beginner		7:00—7:30 pm		7:00—7:30 pm		Members: FREE Non-members: \$85.00
Adult Intermediate		7:00—7:30 pm		7:00—7:30 pm		
Adult Stroke Correction		7:00—7:30 pm		7:00—7:30 pm		
Teen Lessons (10—14 yrs)		7:00—7:30 pm			12:30—1:00 pm	
Jr Lifeguard Club (10—14 yrs)	8:00—8:45 pm					

## AQUATIC SPECIALTY

Level	Day/Date	Time	Cost
Private Lessons	Call the Aquatic Director to arrange 204-727-5456, ext 109		Members \$20.00 per 30 mins Non-Members \$25.00 per 30 mins
Swim Assessments			Members: FREE Non-Members: \$5.00

## AQUATIC REGISTERED COURSES

Program	Day/Date	Time	Cost
Water Polo, Ages 7—16 In partnership with Neptunes Water Polo	Tuesday & Thursday (Participants attend both nights)	7:30—8:30 pm	Members \$80.00 Non-Members \$180.00

## ADULT REGISTERED PROGRAMS

Program	Format	Day	Time	Cost
Beginner Dance	An introduction to salsa and swing. Grab a friend or partner and have some fun. No experience necessary.	Friday	6:30—7:30 pm	Members: FREE Non-Members: \$85.00
Intermediate Dance	This program requires previous dance experience and will expose you to a number of different dance styles & music.	Tuesday	8:00—9:15 pm	
Introduction to Fitness *4 Week courses Sept. 4 & Oct. 2	An introduction to machines, free weights/stretching, how to create a program/nutrition suggestions, create your own program.	Wednesday	7:00—8:00 pm	Members: FREE *Members ONLY

## FITNESS SERVICES

### Personal Training

Have a certified Personal Trainer assist you in maximizing your workout time for the best results!

Getting Started Package: \$200

Includes consultation and fitness assessment, 3 one-on-one personal training sessions, and a workout program specifically designed to suit your needs and help you reach your fitness goals. *\*Open to new personal training clients only.*

Program Design: \$80

Have a program designed based on your personal goals; ideal for more experienced exercisers.

#### Pre-paid Sessions

1 Session— \$50 • 5 Sessions (pre-paid) - \$225 • 10 Sessions (pre-paid) - \$435

#### Additional Services

**Nutrition Consultation** \$100

*Have a nutritional plan designed based on your body type, physical activity level, and personal goals.*

**Nutrition Follow Up** \$45 Members

*A follow up to the nutritional consultation; track progress and re-evaluate your current meal plan.*

**Body Composition** \$45 Members

*Analysis of body composition using skinfold techniques and body type classification.*

Contact Russell—Fitness Services — [russell.luce@ymanitoba.ca](mailto:russell.luce@ymanitoba.ca)

\*All Personal Training Packages subject to GST

***Non-Members must pay a day pass when entering the facility***

## SCHEDULES

YMCA Fitness Classes are for EVERYONE! All fitness classes are drop in classes which are FREE for members, day pass fee for non-members.

Current Pool, Gym, & Fitness Schedules available at [ymcabrandon.ca](http://ymcabrandon.ca) or on request at the Member Services Desk

Please bring your own Yoga mat for Yoga & PiYo LIVE

*\*Schedules subject to change without notice*

\*\*Please note that two consecutive absences without contacting the YMCA will result in withdrawal from the course

If your child is expected to be absent, please contact our Member Services Desk at (204) 727-5456 or email:

Aquatic Manager: [brn-aquatics@ymanitoba.ca](mailto:brn-aquatics@ymanitoba.ca) • Youth and Preschool Courses: [brn-youth@ymanitoba.ca](mailto:brn-youth@ymanitoba.ca)

### Mission Statement

The YMCA of Brandon is a charitable association dedicated to providing quality programs and services for all individuals in the development of "Spirit, Mind, and Body".

### YMCA of Brandon

231 8th St. • Brandon MB • R7A 3X2  
 Phone: 204-727-5456  
 BDNinfo@ymanitoba.ca • ymcabrandon.ca

## BEFORE & AFTER SCHOOL CARE

Available at the following schools:

George Fitton • Linden Lanes • J.R. Reid • Waverly Park • Riverheights • Meadows • Ecole Harrison • New Era • Betty Gibson • Green Acres • Riverview • King George • Kirkcaldy Heights • Forrest Elementary • R.J. Waugh Elementary (Carberry)

Hours of operation: 7:30 am — Morning bell; and Afternoon bell — 5:30 pm

Cost: \$83.00/month Before School, \$130.00/month After School

Call the Before and After School Director at the YMCA for details (204-727-5456, ext 115) or email [angela.forsythe@ymanitoba.ca](mailto:angela.forsythe@ymanitoba.ca)

## DROP-IN PROGRAMS

	Tues	Thurs	Fri	Sat	Sun	Cost
U & Me Kids' Club *Parented Preschool Program	9:30—11:30 am					Members: FREE Non-Members: Individual Day Pass or Family Drop-in Fee
Adult Pickleball		1:00—2:30 pm		10:00—11:30 am		
Family Fridays *GUARDIANS MUST SUPERVISE CHILDREN			Swimming: 6:30—9:30 pm Gym: 5:30—6:30 pm Play Structure: 6:30—9:30 pm			
Family Gym *Parented Program				11:30—1:00 pm		
Family Gym with Bouncer *Parented Preschool Program					10:00 am—noon	
Youth Drop In Gym, Ages 12-17		7:15—8:15 pm				

## BIRTHDAY PARTIES

Type	Cost
Swim Party Package *Ages 3 & Up Includes an hour and a half of pool time, one hour in the party room.	Cost for 10 children Members: \$130.00 • Non-Members: \$155.00 Each Additional Child: Day Pass
Gym Party Package *Ages 3 & Up Includes use of gymnasium with Bouncer for an hour; and the party room for an hour.	

## PLAY STRUCTURE

The play structure is available during operating hours  
 Children must be supervised by an adult at all times while using the play structure  
 The play structure is available for children 12 years of age and under  
 Members: FREE • Non-Members: Day Pass

### Privacy Statement

The YMCA of Brandon respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing lists. We use your personal information to provide services and keep you informed and up to date on the activities of the YMCA of Brandon, including programs, services, special events, funding needs and opportunities to volunteer. If at any time you wish to be removed from any of these contacts, simply contact us by phone at 727-5456 and we will gladly accommodate your request.