



REGISTERED PROGRAMS

Winter Session

January 3 - April 3, 2022



REGISTRATION OPENS:

Group Fitness Classes

Members: December 22, 2021 | Non-Members: December 27, 2021

Aquatics Programs, Child, Youth and Family Programs

Members: December 27, 2021 | Non-Members: January 3, 2022

Welcome to the Y!

At the YMCA-YWCA of the National Capital Region, we're proud to offer the community and our members programs that provide opportunities for you and your family to meet friends and strengthen family bonds, while focusing on your health and wellness.

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How to Register



Online

You can register for programs by visiting ymcaywca.ca



By phone

Register for programs by calling:

Clarence Rockland Y 613-446-7679

Taggart Family Y 613-237-1320



In person

You can register for programs in person at the Clarence-Rockland Y and Taggart Family Y

Our programs are open to all; a Y membership is not required in order to participate.

Registrations are accepted on a first-come, first-served basis and are subject to availability. Full payment is required upon registration.

The Y reserves the right to cancel, postpone or combine classes based on enrolment. Refunds or account credits will be issued where applicable.

Classes that fall on statutory holidays will not run; fees are prorated accordingly.

METHODS OF PAYMENT

Methods of payment include VISA, MasterCard and American Express. Cash, cheque and Interac options available for registrations made in person.

PROGRAM REFUNDS AND TRANSFERS

Requests for refunds must be made in writing – by mail, email. The course/ camp fee per session, less 25% will be refunded if cancellation occurs with a minimum of two weeks' notice prior to the start of the program/camp. There is no fee for transfers between sessions. All transfers must be completed at least two weeks prior to the session start date. No refunds are offered with less than two weeks notice. There are no refunds for children who are asked to leave a course/camp due to behavioural issues.

CHILD AND YOUTH AGE AND ACCESS POLICIES

Children under 10 years must be accompanied by a parent/guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor unattended. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.

For increased safety in our aquatic facilities, all swimmers between the ages of 7-11, who wish to swim in the deep end, must complete a brief swim test prior to entering the deep end.

To learn more about the Y's facility access guidelines, please visit ymcaywca.ca or call your local Y.



Aquatics Programs



Swim Lessons

T Taggart Family Y | Programs start January 10, 2022

YMCA PRESCHOOL SWIM LESSONS (PARENTED)

SPLASHERS & BUBBLERS

AGE: 3M - 36M

In this engaging class, parents will learn how to be safe and have fun in the pool with their child. This program will teach parents and their child through a variety of activities designed to grow and develop basic swimming skills so that children can be confident and prepared for independent swim lessons. Children who are not toilet trained must wear waterproof diapers.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121

YMCA PRESCHOOL SWIM LESSONS (UNPARENTED)

BOBBERS & FLOATERS

AGE: 3Y - 5Y

Bob into YMCA Preschool Swim Lessons and open your eyes to the wonders of the water. Your child will learn basic safety rules and sounds while having fun in the water. Bobbers will blow bubbles while bobbing, learn how to float on their front and back while assisted and how to jump safely into the pool. Floaters will perform unassisted bobs and floats and front and back glides with kicks for 3 meters.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121



YMCA PRESCHOOL SWIM LESSONS (UNPARENTED)

GLIDERS & DIVERS

AGE: 3Y - 5Y

Dive into the water and glide with the creatures of sea! Your child will progress from the skills achieved in Bobbers and Floaters and will be introduced to swimming on their front and back, as well as a variety of deep-water activities. Gliders will learn boating safety and deep water awareness. Gliders will also learn how to float, glide and support themselves in deep water. Divers will learn to support themselves in deep water for 10-seconds and how to swim on their front and back for 10-meters.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121

YMCA PRESCHOOL SWIM LESSONS (UNPARENTED) SURFERS & JUMPERS

AGE: 3Y - 5Y

Dip your toe into the water to surf among the waves! Your child will develop confidence in their swimming abilities as they learn advanced skills. Surfers will learn basic reaching assists and how to be safe around ice. Surfers will perform kneeling dives, front and back swims for 15-meters and an introduction to front crawl. Jumpers will build on their reaching assist knowledge and will learn the basics of throwing assists. Jumpers will perform an underwater swim, 25-meters front and back swim and how to support themselves at the surface for 45 seconds.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121

LEARN TO SWIM - OTTER & SEAL

AGE: 6Y - 12Y

With our first levels of Learn to Swim, children learn to go under water, kick, roll and jump. They will gain confidence in their body awareness and swimming abilities. Otters will learn to swim underwater and glide on their front, back and side. Seals will learn to use flutter kicking and rolling their bodies from side to side for streamlined movement through the water.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121



LEARN TO SWIM - DOLPHIN & SWIMMER

AGE: 6Y - 12Y

These levels are designed to increase your child's swimming abilities and confidence. Dolphins will coordinate arms, legs and breathing for smooth propulsion during front and back crawl. At the Swimmer level, participants will increase skills in front and back strokes, endurance and treading water.

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121

STAR PROGRAM (1 - 2)

AGE: 6Y - 12Y

In Star 1, you will develop your front crawl and back crawl while also learning to whip kick on your back. In Star 2, you will learn eggbeater for your surface support, whip kick on your front and swimming 100 meters for endurance. Optional activities allow children the opportunity to explore competitive swimming, synchronized swimming, water polo and aqua fit as other fun water related activities!

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121

STAR PROGRAM (3 - 4)

AGE: 6Y - 12Y

In Star 3, participants will develop their front crawl and back crawl to an advanced standard. They will complete a 200-metre endurance swim. In Star 4, participants learn breaststroke, sidestroke, and will perform a 350-metre endurance swim. Optional activities allow children the opportunity to explore competitive swimming, synchronized swimming, water polo and aqua fit as other fun water related activities!

LOCATIONS



COST

Starting from: **Member** \$108.90 | **Non-Member** \$121



STAR LEADERSHIP PROGRAM (5, 6 & 7)

AGE: 6Y - 12Y

In this Leadership Program, participants will use previously acquired skills in exciting ways. Participants will learn to swim the butterfly, surface support with a 5lb weight and how to remove a victim from the water with assistance. Participants will also create and teach a water game. Participants will learn first aid skills such as obstructed airway, how to tow and carry a victim in water to safety and will begin to learn what it takes to be a Lifeguard/Y Swim Instructor. Participants, will learn the roles and responsibilities of being a lifeguard and swim instructor by assisting and teaching in other classes.

LOCATIONS



COST

Starting from: **Member** \$118 | **Non-Member** \$132

PRIVATE SWIM LESSONS

ALL AGES

Participants will work one-on-one with a Y Swim Instructor to assess and improve skills. These lessons are designed to meet individual needs and abilities, and can cover anything from stroke improvement to training tips.

LOCATIONS



COST

Private Lesson (30 min)

Starting from: **Member** \$25 | **Non-Member** \$35

Semi-Private Lesson (30 min)

Starting from: **Member** \$20 | **Non-Member** \$30

For more information or to register, please contact your the Taggart Family Y.



Child, Youth and Family Programs



Physical Literacy and Y Programs

SETTING THE FOUNDATION FOR DEVELOPING PHYSICAL LITERACY

The YMCA-YWCA of the National Capital Region is a second home for children – a safe place to have fun, explore and meet new friends.

Our programs have been created with your child in mind to foster healthy development, grow imaginations and encourage learning in an inclusive environment.

The Y understands that physical literacy is an important part of a child's healthy development, and that children who have fun playing a sport and acquire fundamental movement skills at an early age are more likely to stay active and maintain healthy habits in adulthood.

Aligned with the Canadian Sport for Life's Long Term Athlete Development Framework, all Y programs give kids an opportunity to develop, practice and improve their physical literacy skills, so they will have the confidence and competence to belong, grow and thrive as they become "Active for Life".



These first 3 stages set the foundation for developing physical literacy. ▼

1

Active Start Ages: 0Y-5Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

2

FUNDamentals Ages: 6Y-8Y

Learn basic movement skills and link them together into play. Develop habits towards being active.

3

Learn to Train Ages: 9Y-12Y

Transition to high performance for those with the appropriate skills and motivation.

Active for Life

Participants who have developed physical literacy can transition smoothly into lifelong activity and participation in sport.



Child Programs

Age: 6Y-8Y



Taggart Family Y



Clarence-Rockland Y

Programs start January 10, 2022

CHILD ACTIVE PLAY

AGE: 6Y - 8Y

A fun introduction to active play that develops the ABC's of movement - Agility, Balance, and Coordination. Building on fundamental movement skills such as running, jumping, and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life.

LOCATIONS



COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50

CHILD BASKETBALL

AGE: 6Y - 8Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

LOCATIONS



COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50





Pre-Teen Programs

Age: 9Y-12Y

T Taggart Family Y | **CR** Clarence-Rockland Y | Programs start January 10, 2022

PRE-TEEN ACTIVE PLAY

AGE: 9Y - 12Y

This program will emphasize the use of fundamental movement skills. Pre-Teens will be exposed to a variety of traditional and unique sports and will put sport specific drills and skills to practice during organized games. Participants will develop skills that are the building blocks for success in sport and life-long enjoyment of physical activity.

LOCATIONS

CR **T**

COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50

PRE-TEEN BASKETBALL

AGE: 9Y - 12Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

LOCATIONS

CR

COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50





Family Programs

All Ages

T Taggart Family Y | **CR** Clarence-Rockland Y | Programs start January 10, 2022

FAMILY KARATE - BEGINNER

AGE: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required.

LOCATIONS

CR

COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50

FAMILY KARATE - INTERMEDIATE

AGE: 6Y+

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above.

LOCATIONS

CR

COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50

FAMILY TAE KWON DO - BEGINNER

AGE: 6Y+

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required.

LOCATIONS

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COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50

FAMILY TAE KWON DO - INTERMEDIATE

AGE: 6Y+

This Intermediate (orange and green belts) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing.

LOCATIONS

CR

COST

Starting from: **Member** \$74.25 | **Non-Member** \$82.50



Adult Group Fitness Classes

All Group Fitness Classes are now included in your Y membership!

Session registration is now required for all Group Fitness classes (except Cyclefit, which can be booked weekly, in person or by phone).

To learn more about registering for Group Fitness Classes visit ymcaywca.ca

AQUA FIT

AGE: 13Y+

A general water fitness class designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength training. Easy to follow choreography with lots of options for intensity. Classes can be held in deep or shallow water.

LOCATIONS



CORE CONDITIONING

AGE: 13Y+

Abs, Back, Hips, Glutes – Of course we all want them to look good, but the point is they hold us up all day; we need them to function properly. This class is all about functional training. Condition your core to work for you with a series of muscle strengthening exercises focusing on your core.

LOCATIONS



CYCLEFIT

AGE: 13Y+

Get your legs pumping with this indoor cycling class set to energetic music. An instructor will lead the class through an aerobic and anaerobic workout on stationary bikes, simulating hills and valleys and incorporating timed athletic drills.

LOCATIONS



HIIT

AGE: 13Y+

High Intensity Interval Training –This High intensity workout provides both cardiovascular and strength challenges by alternating short periods of intense exercise with recovery periods Push yourself as hard as you can for a short interval, then move gently for the next interval. This method reaps maximum gain with maximum efficiency. Make the most of your workout time with HIIT!

LOCATIONS



POWER YOGA

AGE: 13Y+

An energetic and dynamic Yoga practice that has participants flowing quickly through more challenging traditional poses. The focus of Power Yoga is on building strength rather than flexibility. Previous Yoga experience is recommended.

LOCATIONS



STEP

AGE: 13Y+

Enjoy the rhythmic patterns and workout benefits of stepping up and down on the step platform to music. Before you know it, the class is over and you've challenged your heart, lungs, legs and mind.

LOCATIONS



TOTAL BODY WORKOUT

AGE: 13Y+

Warm Up, Cardiovascular Conditioning, Resistance Training for the whole body topped off by flexibility training; this class covers it all.

LOCATIONS



YOUNG AT HEART YOGA

AGE: 13Y+

Enjoy gentle stretching as you move through a series of gentle seated and standing poses designed to increase flexibility, balance and range of motion. Movements will help you develop core strength and improve posture.

LOCATIONS



YOGA

AGE: 13Y+

Move your body through a series of postures designed to increase flexibility, strength, balance and range of motion. Restorative breathing exercises & a final relaxation will promote stress reduction & mental clarity.

LOCATIONS



YOUNG AT HEART

AGE: 13Y+

Resistance training increases muscle strength, bone density and stamina at all ages. The exercises in this class are designed to enhance the ability of the participant to perform routine daily tasks and to improve posture and balance. All ages and abilities welcome.

LOCATIONS



ZUMBA®

AGE: 13Y+

A fusion of Latin and international music dance themes creating a dynamic and effective fitness workout. A one of a kind workout moving you in ways you never imagined!

LOCATIONS

