



## YMCA Membership for Children Includes:

- Unlimited access to YMCA programs. Some programs require registration.
- One registered swim lesson (or one registered Explorers program which includes a swim lesson).\*
- Reduced rate for special holiday/March Break branch programs.
- If your child has special requirements or special needs, please speak with one of our children's services supervisors to help ensure that your child's YMCA experience is a positive one.

*\*Swim programs not included in memberships at the Brantford Family YMCA, but can be added for an additional fee to attend at another YMCA location.*

## Rolling Registration

Participants can register at any time. Rolling Registration allows members the opportunity to sign up for registered land and swim lessons only once without having to re-register.

## Supervision of Children

Children up to 10 years of age must be supervised by an adult or guardian (minimum 14 years of age) unless they are participating in a YMCA program. For the best experience for the children we ask that children do not access the fitness centre or fitness classes to watch parents.

## Sign In & Out Procedure

Children under the age of 10 must be signed in and out by a guardian who is 14+. Children ages 10+ may sign themselves in and out of programs.

## Appropriate Footwear

For your child's safety, all activities require closed-toe running shoes as footwear. Please do not send your child with croc-style footwear, sandals, flip flops or boots.

## Working with Children the YMCA Way

The YMCA's approach is unique because:

- Promotes health in spirit, mind and body
- The priority is people. All people are invited to fully participate regardless of their differences - "come as you are"
- Children and their families are involved in decision making and activities
- It respects every individual's right to choice and seeks to reduce harm
- It provides meaningful opportunities to help others
- It is part of a broader strategy of the YMCA. It is about building strong communities and children are a vital part of communities
- YMCA staff are trained in Healthy Child Development. They not only get them active and having fun but also help children understand and live the YMCA Core Values- Honesty, Caring, Respect and Responsibility

## Gifts that keep growing

The YMCA reaches out to children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity. Invest in a child today. Make your gift at [www.ymcastrongkids.ca](http://www.ymcastrongkids.ca).



# Pre-School Programs (3 months - 5 years)



## Child Minding

The child minding program gives infants, toddlers, pre-schoolers and school age children the chance to play together in a supervised play area, while parents/guardians are in the building. Please see your YMCA Schedule for program fees, days and times or visit [www.ymcahbb.ca](http://www.ymcahbb.ca).

\* programs vary by location

## Explorers

Toddler: 18-36 months (30 minute Splasher/Bubbler swim lesson - parented)  
Pre-school: 3-5 years (includes 45 minute swim lesson)

## Registration Required

Active play, circle time, theme-related craft, and swim lesson.  
Bring a nut-free snack.

## Indoor Playground

Parented: 3 months to 5 years

Spend some free time with your toddler or pre-schooler. Various equipment is set-up each week to stimulate gross motor skills.

## Kinder Gym

Pre-School: 3 – 5 Years

Games and activities to keep moving.

## Kinder Gym and Swim

Pre-School: 3 – 5 Years

Games and activities to keep moving. Includes a fun swim.

## Movin' & Groovin'

Toddler: 18 - 36 months

Pre-School: 3 – 5 Years

A variety of crafts, games, stories and songs to start your morning.

“ The first day I brought my daughter to the Y Kids program, she would not let go of me unless she was screaming at the top of her lungs for me not to leave. Week after week I continued to bring her and each time with a little less crying, because as soon as she finds her buddy Timmy [volunteer leader], it is not so bad to be there. I now have a collection of pictures that he has taken the time to draw with her, and last week my daughter actually let go of my hand and went to him without a single tear. I am very proud of your child and youth programs, and all the volunteers that you have working with your team. ”

~ YMCA Member & Parent



## Let us help celebrate your birthday!



Bring your child's birthday to the YMCA. Complete party packages are available for children ages 3-13.

## Child's Fitness Tax Credit

Your child's YMCA membership qualifies for the Government of Canada's Children's Fitness Tax Credit (CFTC). The CFTC lets parents claim up to \$500 for children 15 and under who are enrolled in a supervised program of prescribed physical activity.

For additional details on how to claim the CFTC, please visit the Canada Revenue Agency (CRA) website at: [www.cra-arc.gc.ca/fitness](http://www.cra-arc.gc.ca/fitness).

## Child & Youth Programs (6 - 9 years)



\* programs vary by location

### Karate

Ages: 6 - 9 Years

Family: 6+ years - Learn Karate as a family

#### Registration Required

Learn self-defense, self-confidence and respect for yourself and others. A uniform is not necessary for beginners. Safety equipment is a must for sparring. YMCA Karate is for everyone, all ages and abilities.

### YBA (Youth Basketball Association)

#### Registration Required

Come work on your basketball skills in a team environment. Learn new techniques.

### Y Kids (YK)

A variety of activities including active and creative options. Check [www.ymcahbb.ca](http://www.ymcahbb.ca) for monthly activities.

Y Kids weekly programs may include the following activities:

- Arts & Crafts
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball
- Dance & Drama

### Families who play together

When the whole family makes play a priority, you might not even notice how it all adds up to physical activity and healthy benefits.



## Why volunteer?

The YMCA believes that people enrich their own lives when they enrich the lives of others. All YMCA endeavours involve a partnership of volunteer and staff teams dedicated to creating healthy communities where individuals and families have opportunities to reach their potential. Visit [www.ymcahbb.ca/volunteer.cfm](http://www.ymcahbb.ca/volunteer.cfm) for all volunteer opportunities. Join the YMCA team and make a difference in your community.

# Youth & Teen Programs (10 - 15 years)



\* programs vary by location

## H2O Leaders

### Registration Required

An aquatic leadership program for kids. Participants will improve their aquatic skills, learn the steps to become a lifeguard and enjoy a variety of games and leadership activities. Participants may complete their Star 5 & 6 swim levels during this dedicated pool time. Pre-requisite: Star 4 and up

## Youth Action

*Ages: 10-13 years*

Cross-training for youth. Boot camp activities, cycle/run, strength, and supervised access to the Fitness Centre may be included.

## Karate

*Ages: 10-12 Years, 13+ years*

*Family: 6+ years - Learn Karate as a family*

### Registration Required

Learn self-defense, self-confidence and respect for yourself and others. A uniform is not necessary for beginners. Safety equipment is a must for sparring. YMCA Karate is for everyone, all ages and abilities.

## Leader Corps

*Ages: 10-18 years*

### Registration Required

Leader Corps is a values-based youth leadership program that helps participants develop skills useful for a lifetime. Training sessions, games, activities and initiatives prepare Leader Corps members for volunteer and future employment opportunities.

## Y Kids

*Ages: 10-12 years*

A variety of activities including active and creative options. Check [www.ymcahbb.ca](http://www.ymcahbb.ca) for monthly activities.

**Y Kids weekly programs may include the following activities:**

- Arts & Crafts
- Sports and active programs such as Basketball, Floor Hockey, Soccer, Skipping, and Volleyball
- Dance & Drama
- Fitness

## YBA (Youth Basketball Association)

*Ages: 10-12 years, 13-15 years*

### Registration Required

Come work on your basketball skills in a team environment. Learn new techniques and compete for the YBA trophy.

## Youth Sports

- Basketball
- Soccer
- Volleyball
- Floor Hockey

An opportunity for youth to learn and participate in a variety of organized sports. A great way to keep fit, learn self-confidence and respect for yourself and others.

## Youth Night

A chance for 10-15 year olds to come and hang out at the YMCA and be with friends. Try your hand at activities such as: foosball, air hockey, Guitar Hero, ping pong, or Dance Dance Revolution. Play Basketball or go for a swim. Activities vary by branch.

## Youth Volleyball

*Ages: 10-13 years*

### Registration Required

Set, serve and spike your way to learning the game of Volleyball.

## Youth Water Sports

An opportunity for youth to learn and participate in a variety of aquatic sports. Activities and weekly games may include water polo, inner tube water polo, water volleyball and more.

## CERTIFICATION COURSES

### Babysitting Course

*Ages: 11+*

A certificate course teaching young people the skills and knowledge required to look after children. Participants will receive a certificate and wallet-card upon completion. Please visit your local branch for fees, dates and times.

## Are you a role model?

At the YMCA, it's everyone's job to play a positive role in the lives of kids. Through careful planning, recruitment and training, the YMCA develops staff into adult role models – they are key to helping kids succeed in life.