

REGISTRATION OPENS APRIL 1ST, 2022

SYLVAN ADAMS YM-YWHA AQUATICS PROGRAMMING SPRING 2022

Bronze Medallion

Day: Wednesday
Time: 4:30PM - 7PM
Starts: March 30, 2022
Ends: May 11, 2022
Members: \$210
Non-Members: \$248
Instructor: Breanna Sherman
Location: Pool

Bronze Cross

Day: Monday
Time: 4:30PM - 7:30PM
Starts: March 21, 2022
Ends: May 2, 2022
Members: \$210
Non-Members: \$248
Instructor: Breanna Sherman
Location: Pool

Bronze Medallion Girls Only

Day: Wednesday
Time: 7PM - 9:30PM
Starts: March 30, 2022
Ends: May 11, 2022
Members: \$210
Non-Members: \$248
Instructor: Breanna Sherman
Location: Pool

Bronze Cross Girls Only

Day: Wednesday
Time: 7PM - 9:30PM
Starts: March 30, 2022
Ends: May 11, 2022
Members: \$210
Non-Members: \$248
Instructor: Breanna Sherman
Location: Pool

Nationals

Day: Monday
Time: 4:30PM - 8:30PM
Starts: April 18, 2022
Ends: June 13, 2022
Members: \$275
Non-Members: \$325
Instructor: Serge Lamerre
Location: Program Rooms A,B,C and Pool
2 Sunday Classes from 9AM-1PM
on May 22nd and 29th

Standard First Aid

Day: Sunday
Time: 9AM - 5PM
Starts: April 3, 2022
Ends: April 10, 2022
Members: \$100
Non-Members: \$120
Instructor: Serge Lamerre
Location: Program Rooms A,B,C

Junior Swim Team

Day: Tuesday OR Thursday
Time: 5PM - 6PM
Starts: May 10/12, 2022
Ends: June 14/16, 2022
Members: \$105
Non-Members: \$124
Instructor: Dan Iacob
Location: 2 Lanes 7 & 8

Junior Swim Team

Day: Tuesday AND Thursday
Time: 5PM - 6PM
Starts: May 10, 2022
Ends: June 14, 2022
Members: \$180
Non-Members: \$212
Instructor: Dan Iacob
Location: 2 Lanes 7 & 8

Baby Swim

Day: Wednesday
Time: 10AM - 10:45AM
10:45AM - 11:30AM
11:30AM - 12:15PM
Starts: May 11, 2022
Ends: June 15, 2022
Members: \$110
Non-Members: \$130
Instructor: Marie Savage



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Aquababy

Day: Monday
Time: 10AM - 10:45AM
10:45AM - 11:30AM
Starts: May 9/12, 2022
Ends: June 20/23, 2022
Members: \$130
Non-Members: \$153
Instructor: Victoria Federova

Sea Turtle (Parented)

Day: Saturday
Time: 9AM - 9:30AM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Starfish/Duck (Parented)

Day: Saturday
Time: 9:30AM - 10AM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Sea Otter/Salamander

Day: Saturday
Time: 10AM - 10:30AM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Sun Fish

Day: Saturday
Time: 10:30AM - 11AM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Crocodile/Whale

Day: Saturday
Time: 11AM - 11:30AM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Level 1/2

Day: Saturday
Time: 11:30AM - 12PM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Level 3/4

Day: Saturday
Time: 12PM - 12:30PM
Starts: May 14, 2022
Ends: June 18, 2022
Members: \$70
Non-Members: \$85

Starfish (Parented)

Day: Sunday
Time: 9AM - 9:30AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Duck/Sea Turtle (Parented)

Day: Sunday
Time: 9:30AM - 10AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Level 3/4

Day: Sunday
Time: 10AM - 10:30AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

If the class is parented then parents are supposed to come in the water. For the Sea Otter, Salamander, Sunfish, Whale/Crocodile levels, new Covid-19 regulations require that parents accompany their child in the water to assist the teacher.



SYLVAN ADAMS
YM-YWHA
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC

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Salamander/Sunfish

Day: Sunday
Time: 10:30AM - 11AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Level 9/10

Day: Sunday
Time: 11AM - 11:45AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$80
Non-Members: \$90

Crocodile/Whale

Day: Sunday
Time: 11:45AM - 12:15PM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Sea Otter

Day: Sunday
Time: 9AM - 9:30AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Level 7/8

Day: Sunday
Time: 10AM - 10:45AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$80
Non-Members: \$95

Starfish/Duck (Parented)

Day: Sunday
Time: 10:45AM - 11:15AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Level 1/2

Day: Sunday
Time: 11:15AM - 11:45AM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$70
Non-Members: \$85

Level 5/6

Day: Sunday
Time: 11:45AM - 12:30PM
Starts: May 8, 2022
Ends: June 12, 2022
Members: \$80
Non-Members: \$95

Private Lessons

Members: \$144
Non-Members: \$170

Semi-Private Classes

Members: \$96
Non-Members: \$114

Private lessons and Semi-Private lessons are one on one or two on one lessons with a student and a certified lifeguard. Time slots are 30 minutes and runs over 6 weeks



SYLVAN ADAMS
YM-YWHA
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Program Descriptions

Starfish: To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age specific water safety.

Duck: Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.

Sea Turtle: Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.

Sea Otter: Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.

Salamander: Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD). Prerequisites: Can function in a group setting without parental guidance.

Sunfish: Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD). Prerequisites: Can complete a front glide (face in the water) for 3 seconds; both front and back floats for 3 seconds; jump into chest deep water, recover and swim 2 metres all unassisted.

Crocodile: Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Prerequisites: Can complete front/back glides and front/back floats unassisted for 5 seconds; jump into chest-deep water, recover and swim for 5 metres all unassisted.

Whale: Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Prerequisites: Can complete front/back float; exhale through mouth and nose; flutter kick while gliding on front/back and side; swim 10 metres continuously all unassisted.

Aquababy: Here we teach parents and guardians to coach their infants in the water; as a result, the swimming babies develop emotional stability, deeper sleep, and better feeding. Teaching a newborn to swim is not just a fashionable trend; it is an opportunity to unleash the baby's potential. Infants with psychomotor developmental delays benefit the most from the program: the weightless environment restores and normalizes body functions, rhythmical diving accelerates metabolic processes, and the organism goes into "repair mode". Swimming and water exercise allows infants to: "take a break" from gravity and move freely in the 3D environment; learn to swim and have fun in the water; get exercise therapy; become stronger and more resistant to illnesses.

Baby Swim: The focus of Baby Swim is to teach parents how to productively swim with their child without the instructor present. Alongside their parents, babies are taught how to improve their swimming abilities so that they can continue to be strong swimmers beyond this course. The goal here is to teach independence, safe and healthy pool habits.

Level 1: Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. Prerequisites: Can comfortably move and float with assistance; and can function in a group without parental assistance.

Level 2: Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deepwater activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. Prerequisites: Can front/back float, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.

Level 3: This level provides an introduction to diving and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim. Prerequisites: At ease in deep water; can breathe rhythmically 10 times; glides front/back with kick for 5 metres, and swim 10 metres continuously.

Level 4: This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. Prerequisites: Can swim front crawl at least 5 metres, arms recovering above water; glides front/back with kick for 10 metres and swim 15 metres continuously.

Level 5: This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim. Prerequisites: Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously.

Level 6: This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim. Prerequisites: Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive; and swim 50 metres continuously.

Level 7: This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim. Prerequisites: Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres, and swim 75 metres continuously.

Level 8: This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each. Prerequisites: Can swim front crawl and back crawl at least 50 metres, swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 75 metres continuously.

Level 9: This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim. Prerequisites: Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously.

Level 10: This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and headfirst and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim. Prerequisites: Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously.

Swim Team: Swim team is a competitive team that develops racing skills, fitness and team spirit. Prerequisite: eight years old. New participants will be assessed by the coach.

Bronze Medallion (13+): Learn how to respond in complex water rescue situations the bronze medallion course provides both theoretical knowledge and practical experience in life saving techniques CPR an emergency care. Prerequisite: 13 years and Red Cross Swim Kids Level 10 or equivalent or Bronze Star. May only miss 1 class.

Bronze Cross (13+): Bronze cross a prerequisite for the national lifeguard program is designed for Lifesavers it provides more advanced training and an introduction to safe prevention and aquatic facilities. Prerequisite: bronze medallion. May only miss 1 class.

Bronze Medallion – Girl's Only (13+): Learn how to respond in complex water rescue situations the bronze medallion course provides both theoretical knowledge and practical experience in life saving techniques CPR an emergency care. Prerequisite: 13 years and Red Cross Swim Kids Level 10 or equivalent or Bronze Star. May only miss 1 class.

This class is given in conjunction with Bronze Cross – Women's Only.

Bronze Cross – Girl's Only (13+): Bronze cross a prerequisite for the national lifeguard program is designed for Lifesavers it provides more advanced training and an introduction to safe prevention and aquatic facilities. Prerequisite: bronze medallion. May only miss 1 class.

This class is given in conjunction with Bronze Medallion – Women's Only.

Standard First Aid: Standard first aid is a 16 hour CPR and first aid course that prepares a candidate to take the national lifeguard course. Prerequisite: Bronze Cross.

National Lifeguard (15+): National lifeguard is the only nationally recognized program for lifeguard training emphasis is on teamwork communication and prevention thus preparing candidates to safely and efficiently supervise an aquatic facility. Prerequisite: Bronze Cross and Standard First Aid. May miss only 1 class.

*Program details can be subject to change.



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SYLVAN ADAMS YM-YWHA LEAGUES PROGRAMMING SPRING 2022

Badminton Drop-In

Ages: 15+
Day: Tuesday/Thursday
Time: 7PM - 9PM
Start Date: March 8, 2022
End Date: May 31, 2022
Member: \$5
Non-Member: \$7
Instructor: Harvey Hershenkopf

Mamanet Drop-In

Ages: Women 25+
Day: Monday
Time: 8:30PM - 10:30PM
Start Date: March 7, 2022
End Date: June 6, 2022
Member: \$13
Non-Member: \$15
Instructor: Zied Essefi

Coached Volleyball

Ages: 15+
Day: Wednesday
Time: 8PM - 10PM
Start Date: May 11, 2022
End Date: June 29, 2022
Member: \$85 Drop-In: \$13
Non-Member: \$100 Drop-In: \$15
Instructor: Zied Essefi

Volleyball League

Ages: 16 - 40
Day: Monday
Time: 8:15PM - 10:15PM
Start Date: May 9, 2022
End Date: June 27, 2022
Member: \$95
Non-Member: \$110

Coached Pickleball

Ages: 15+
Day: Wednesday
Time: 8:15PM - 10:15PM
Start Date: May 11, 2022
End Date: June 29, 2022
Member: \$85 Drop-In: \$13
Non-Member: \$100 Drop-In: \$15

Wolves Elite Tryouts

Day: Week of April 11
Time: Various Times
Start Date: TBD
End Date: TBD
Member: \$20
Non-Member: \$20

Wolves Elite U14 Boys

Day: Monday/Thursday Practices
Time: 5PM - 6:30PM*
Start Date: TBD
End Date: TBD
Member: \$425
Non-Member: \$500

Wolves Elite U14 Girls

Day: Monday/Thursday Practices
Time: 5PM - 6:30PM*
Start Date: TBD
End Date: TBD
Member: \$425
Non-Member: \$500

Wolves Elite U16 Boys

Day: Monday 6:30PM - 8PM
Day: Wednesday Practices
7pm - 9PM*
Start Date: TBD
End Date: TBD
Member: \$425
Non-Member: \$500

Wolves Elite U16 Girls

Day: Monday 6:30PM - 8PM
Day: Wednesday Practices
7pm - 9PM*
Start Date: TBD
End Date: TBD
Member: \$425
Non-Member: \$500

Wolves Elite U13 Co-ed

Day: Monday/Thursday Practices
Time: 4PM - 5PM*
Start Date: TBD
End Date: TBD
Member: \$425
Non-Member: \$500

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*Times subject to change



www.ymywha.com

Program Descriptions

Badminton: Join our recreational and competitive programs for badminton players. Badminton runs year-round. Session or Drop-in registrations are available. Session registration offers better value for the regular player.

Mamanet: Established in 2005 Mamanet – mothers Cachibol - league is the largest social sports league specifically for mothers today.

Mamanet is a combination of sports and community. In Mamanet, Mothers demonstrates school pride, good sportsmanship, friendly and professional competition, fair play & a positive physical activity.

Coached Volleyball: Think of it like PE Class focused on Volleyball. Over our 8 week session, you will play, learn and grow your skills and love for the game of Volleyball. A typical week will have a warm-up and cool down session. A lesson of a new skill followed by a game where the Coach will both referee and hand out pointers in your game and areas to improve using the lessons you have learned.

Coached Volleyball Drop-In: Join our recreational Volleyball program. Session or Drop-in registrations are available. Session registration offers better value for the regular player.

Volleyball League: Join with your team OR as an individual on our draft team. MAXIMUM 4 teams will be entered. Players will receive a dry-fit shirt. 1 week “pre-season”. 6 weeks of games. a final round-robin playoff in week 8.

Coached Pickleball: Think of it like PE Class focused on Pickleball. Combining elements of badminton, ping pong and tennis, this paddle sport caters to all ages and skill levels. Over our 8 week session, you will play, learn and grow your skills and love for the game of Pickleball. A typical week will have a warm-up and cool down session. A lesson of a new skill followed by a game where the Coach will both referee and hand out pointers in your game and areas to improve using the lessons you have learned. **Drop-In option available.**

Wolves Elite Tryouts: Players must TRYOUT to receive an invitation to play on a Wolves elite summer team.

Wolves Elite Basketball: The Wolves ELITE Basketball teams compete in various tournaments in the Montreal area. This is a highly competitive program with players representing the best at their age level playing against some of the best players in the city.

Players who make a team are expected to commit to 2 practices a week. The competitive season runs from May through July. Wolves players of all ages are expected to participate in various community building initiatives, fundraising initiatives and community service events. We are not only building better basketball players we are building community members.

By the time a player graduates from the Wolves, our coaches will have provided them with as many tools as possible for them to compete at the next level.

*Program details can be subject to change.

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SYLVAN ADAMS YM-YWHA RECREATION PROGRAMMING SPRING 2022

Hip Hop Dance Off

Ages: 4 - 6 years
Day: Thursday
Time: 5:15PM - 6PM
Starts: May 12, 2022
Ends: June 16, 2022
Member: \$85
Non-Member: \$100
Instructor: Funtastik Boogie
Location: Studio #3

Tiny Dancers

Ages: 2 - 4 years
Day: Thursday
Time: 4:15PM - 5PM
Starts: May 12, 2022
Ends: June 16, 2022
Member: \$85
Non-Member: \$100
Instructor: Funtastik Boogie
Location: Studio #3

Ballet

Ages: 4 - 6 years
Day: Monday
Time: 5:15PM - 6PM
Starts: May 2, 2022
Ends: June 13, 2022
Member: \$75
Non-Member: \$89
Instructor: Miss Elaine
Location: Activity #1

Karate

Ages: 7+ years
Day: Monday
Time: 4:30PM - 5:15PM
Starts: May 9, 2022
Ends: June 20, 2022
Member: \$75
Non-Member: \$89
Instructor: Melarie Taylor
Location: Studio #3

Wrestling

Ages: 8 - 12 years
Day: Sunday
Time: 9AM - 10AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$65
Non-Member: \$77
Instructor: Misha Japaridze
Location: Wrestling Club

Basketball

Ages: 5 - 6 years
Day: Sunday
Time: 9:15AM - 10AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$70
Non-Member: \$83
Instructor: Coach Mark
Location: Half Gym A

Basketball

Ages: 7 - 9 years
Day: Sunday
Time: 10:15AM - 11:15AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$80
Non-Member: \$95
Instructor: Coach Mark
Location: Half Gym A

Basketball

Ages: 7 - 9 years
Day: Wednesday
Time: 4:15PM - 5:15PM
Starts: May 11, 2022
Ends: June 15, 2022
Member: \$80
Non-Member: \$95
Instructor: Coach Adrien
Location: Half Gym A

Basketball

Ages: 10 - 12 years
Day: Wednesday
Time: 5:30PM - 6:45PM
Starts: May 11, 2022
Ends: June 15, 2022
Member: \$85
Non-Member: \$100
Instructor: Coach Adrien
Location: Half Gym A



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SYLVAN ADAMS YM-YWHA RECREATION PROGRAMMING SPRING 2022

Parent & Tot Singalong

Ages: 0 - 36 months
Day: Monday
Time: 10:30AM - 11AM
Starts: May 9, 2022
Ends: June 20, 2022
Member: \$85
Non-Member: \$100
Instructor: Kimberly Beattie
Location: Studio #3

DinoGym (Parented)

Ages: 12 - 24 months
Day: Tuesday
Time: 10AM - 10:30AM
Starts: May 10, 2022
Ends: June 14, 2022
Member: \$75
Non-Member: \$89
Instructor: Deanna Little
Location: Studio #3

DinoGym (Parented)

Ages: 12 - 24 months
Day: Sunday
Time: 9:30AM - 10AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$75
Non-Member: \$89
Instructor: Deanna Little
Location: Studio #3

DinoGym

Ages: 2 - 3 years
Day: Sunday
Time: 10:15AM - 11AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$85
Non-Member: \$100
Instructor: Deanna Little
Location: Studio #3

DinoGym

Ages: 4 - 5 years
Day: Sunday
Time: 11:15AM - 12AM
Starts: May 15, 2022
Ends: June 19, 2022
Member: \$85
Non-Member: \$100
Instructor: Deanna Little
Location: Studio #3

7 Sports (Parented)

Ages: 2 - 4 years
Day: Tuesday
Time: 4:15PM - 5PM
Starts: May 10, 2022
Ends: June 14, 2022
Member: \$85
Non-Member: \$100
Instructor: Coach Rob
Location: Grover Auditorium

7 Sports

Ages: 4 - 6 years
Day: Tuesday
Time: 5:15PM - 6PM
Starts: May 10, 2022
Ends: June 14, 2022
Member: \$85
Non-Member: \$100
Instructor: Coach Rob
Location: Grover Auditorium

Ball Hockey

Ages: 7 - 10 years
Day: Tuesday
Time: 6:10PM - 7PM
Starts: May 10, 2022
Ends: June 14, 2022
Member: \$95
Non-Member: \$113
Instructor: Coach Rob
Location: Grover Auditorium

NEW!

Family Free Play

Ages: 0 - 12
Monday 4PM - 6PM
Wednesday 4PM - 7PM
Thursday 4PM - 6PM
Sunday 9AM - 12PM
Starts: May 9, 2022
Ends: June 19, 2022
FREE for families with children registered in Recreation and Aquatics programs
Location: Gym Annex



SYLVAN ADAMS
YM-YWHA
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC

REGISTRATION OPENS APRIL 1ST, 2022

**SYLVAN ADAMS YM-YWHA
RECREATION PROGRAMMING SPRING 2022**

Y CITY DAY CAMP

Day: Monday - Friday

Time: 9AM - 4PM

Session 1: July 4 - July 15

Session 2: July 18 - July 29

Session 3: August 1 - August 12

Member: \$540/session

Non-Member: \$600/session

Before and After Care available from 8AM to 9AM AND 4PM to 5PM every day at a total cost of 50\$ per session

Y CITY INCLUSION CAMP

Day: Monday - Friday

Time: 9AM - 4PM

Session 1: July 4 - July 15

Session 2: July 18 - July 29

Session 3: August 1 - August 12

Member: \$540/session

Non-Member: N/A

Before and After Care available from 8AM to 9AM AND 4PM to 5PM every day at a total cost of 50\$ per session.

**Israeli Folk Dancing
W/ Peter Smolash**

Ages: All

Day: Monday

Time: 6:30PM

Starts: May 9, 2022

Ends: August 8, 2022

Member: \$85

Non-Member: \$108

Location: Grover Auditorium

**Israeli Folk Dancing
w/ Maurice Perez**

Ages: All

Day: Wednesday

Time: 6:30PM

Starts: May 11, 2022

Ends: July 27, 2022

Member: \$85

Non-Member: \$108

Location: Grover Auditorium

Contact Myra Leib
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Y City Camp and Inclusion Camp
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 **SYLVAN ADAMS
YM-YWHA**
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC



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Program Descriptions

NEW! Family Free Play: Family Free Play is a time for families with children 0-12 years old to relax, to bond and to PLAY. If you have a child registered in one of our non-parented programs you are welcome to come with their siblings to spend some time playing with balls, toys, on the mats and with each other. This activity is unstaffed and children must be supervised at all times. We offer this space as a way to make your time at the Y more enjoyable and engaging for the whole family.

Ballet: Your child will dance and have fun with an emphasis on the foundations of ballet. Dancers will be brought through creative movement and basic ballet steps and more!

Hip Hop Dance Off: Do you like to dance? Come learn new skills and grow in confidence dancing to popular music in an encouraging environment. Dancers develop body coordination, self-expression, and cardiovascular health with Funtastik Boogie.

Tiny Dancers: Love to move? Join the Tiny Dancers for a great time! Pre-school aged children develop gross-motor skills through basic dance steps and cooperative dance games in a fun and engaging environment.

Parent and Tot Sing Along: Live ukulele music, singing, dancing, shakers and bubbles! Join in on the fun!

DinoGym: Dinogym is an inclusive, non-competitive program designed to build self-esteem and sport confidence. Using exercise, sport and gymnastics equipment, children are able to practise their movement skills, such as jumping, balancing, throwing and catching.

7 Sports: Why choose one sport when you can practice 7? Volleyball, track and field, soccer, golf, football and frisbee. Something new every week! Non-competitive sport activities where you will gain self-confidence, discover new interests and develop your skills.

Basketball: A fun and engaging basketball program designed to develop fundamental skills, sportsmanship and a love of the game of basketball through age and skill appropriate games and drills.

Ball Hockey: Try our non-competitive Ball Hockey program to learn new skills and grow your confidence through sports. Each session is divided into practice and game. Everyone will have the chance to try different positions and above all: every participant will have a blast!

Karate: Learn the ABC's of traditional JKA Shidokan Karate. Course includes warmups, basics, partner work and stretching.

Youth Wrestling: Develop the fundamentals of Olympic style wrestling in a safe and enjoyable atmosphere.

Israeli Folk Dancing: Join us for an evening of culture, tradition and dance! Open to all ages, this program accepts dancers of all levels! Drop in option available.

Y City Camp: The Y City Day Camp is designed as a developmentally appropriate, engaging and stimulating environment for children from Kindergarten to Grade 3 (approximately 4 to 8 years old). With a focus on fun, hands-on experiential learning in a Jewish environment, campers in same-aged bunks will be led by enthusiastic Counselors and Junior Counselors through a full day of activities run by qualified and energetic Program Specialists in Multisports, Arts, Dance, Drama and Nature Lore. The cornerstone of daily camp life is the Swim School where campers will develop their swimming skills with lifeguard instructors and earn swim level badges over each session. Across the Sylvan Adams facility, in Mackenzie Park across the street and Field Trips around Montreal and the surrounding area, each camper will deepen their appreciation for the outdoors and the rituals of shared experience. Y

City Day Camp is an inclusive, nurturing and inspiring environment where each child will develop their skill and confidence, and feel a real sense of community and belonging.

Y City Inclusion Camp: The Y City Inclusion Camp is an engaging and adaptive camp, open to campers of all ages, and various developmental and physical abilities. The Inclusion Camp leadership team will collaboratively develop session-long individualized programs with the families of children (K to Grade 3), youth (10+) and adult (18+) campers with a focus on fun, hands-on experiential learning in a Jewish environment. The Children's bunk will see each camper integrated in the Y City Day Camp activities with a Companion and the option of a flexible schedule. The Youth bunk will travel through activities on an adapted schedule all the while prioritizing Youths' interests and needs. The Adult campers will each create volunteer placement programs where they can develop new skills and passions. All counselors and specialists across Y City Camps, including Swim Instructors will receive inclusion training in order to best accommodate the diversity of our campers' needs. Y City Inclusion Camp is dedicated to providing accessible, welcoming and safe space where each camper will develop their skill and confidence, and feel a real sense of community and belonging.

*Program details can be subject to change.