

QUESTION 2 – An overview of YMCA NSW including but not limited to the following matters:	
a. organisational structure;	Karen/Sheryl
b. number and nature of staff;	Karen/Kristy
c. Number of children (aged 18 years and under) to whom YMCA NSW provides services; and	Jenni/MTK/James
d. Number and nature of programs and services offered to children	Jenni/MTK/James

Question 2(d)

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
<ul style="list-style-type: none"> • Before and After School Care 	<ul style="list-style-type: none"> • Anzac Park OSHC • Blaxland OSHC • Burwood OSHC • Charlestown OSHC • Claremont Meadows OSHC • Dee Why OSHC • Elanora Heights OSHC • Excelsior OSHC • Georges Hall OSHC • Glendore OSHC • Hamilton OSHC • Harrington street OSHC • Homebush West OSHC • Kotara OSHC • Lochinvar OSHC • Mount Pritchard OSHC • New Lambton OSHC • Oakhill Drive OSHC • Shoal Bay OSHC • Springwood OSHC • St Marys OSHC • St Paul's OSHC • Surveyors Creek OSHC • Tomaree OSHC • Toronto OSHC 	<ul style="list-style-type: none"> • Program is offered at xx sites. Full particulars <u>for YMCA NSW's Before and After School Care program (OSHC)</u> are set out under Question 5 of this <u>sStatement</u>. 	<ul style="list-style-type: none"> • Centre Co-ordinator_ 	<ul style="list-style-type: none"> • Individuals_ 	<ul style="list-style-type: none"> • YMCA NSW staff_ 	<ul style="list-style-type: none"> • 5-12 years_

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> • Walters Road OSHC • Werrington County OSHC • West Pennant Hills OSHC • Winston Hills OSHC • All Saints OSHC • Ambarvale OSHC • Arncliffe Public OSHC • Belmore OSHC • Biddabah OOSH • Brooke Ave OSHC • Campbelltown City OSHC • Campbelltown East OSHC • Ettalong OSHC • Glenwood OSHC • Hammondville OSHC • Ingleburn OSHC • Kincumber OSHC • Lilli Pilli Public School OSHC • Lisarow OSHC • Little Bay Community of Schools • Lycee Condorcet • Malabar OSHC • Marrickville Public OSHC • Narellan OSHC • Newbridge Heights OSHC • Padstow Heights OSHC • Panania OSHC • Picton OSHC • Revesby OSHC • Revesby North OSHC • Revesby South OSHC • Soldiers Settlement OSHC • St Francis Xavier's OSHC • Valentine OOSH • Wamberal OSHC • Warners Bay OSHC 					

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
<ul style="list-style-type: none"> Vacation Care 	<ul style="list-style-type: none"> Anzac Park OSHC Blaxland OSHC Burwood OSHC Claremont Meadows OSHC Epping Excelsior OSHC Glendore OSHC Homebush West OSHC Kotara OSHC Mount Pritchard OSHC New Lambton OSHC Northern Beaches OSHC Oakhill Drive OSHC Shoal Bay OSHC Springwood OSHC St Marys OSHC St Paul's OSHC Surveyors Creek OSHC Tomaree OSHC Toronto OSHC Walters Road OSHC Werrington County OSHC West Pennant Hills OSHC Winston Hills OSHC Ambarvale OSHC Arncliffe Public OSHC Campbelltown City OSHC Hammondville OSHC Lycee Condorcet Malabar OSHC Marrickville Public OSHC Narellan OSHC Niagara Park OSHC Padstow Heights OSHC Picton OSHC Revesby OSHC 	<ul style="list-style-type: none"> YMCA NSW Vacation Care program is offered at some OSHC centres during school vacation periods. The and children who participate in Vacation Care services which often overlap with the children who participate in OSHC. The program involves a combination of on-site care and external excursions and activities under the management responsibility of the OSHC management of staff. 	<ul style="list-style-type: none"> Centre Co-ordinator 	<ul style="list-style-type: none"> Individuals 	<ul style="list-style-type: none"> YMCA NSW staff 	<ul style="list-style-type: none"> 5-12 years

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> Revesby South OSHC St Francis Xavier's OSHC Valentine OOSH Wamberal OSHC Warners Bay OSHC 					
<ul style="list-style-type: none"> Camping – Groups 	<ul style="list-style-type: none"> Camp Yarramundi, Hawkesbury Valley Sydney Olympic Park Lodge, Homebush 	<ul style="list-style-type: none"> YMCA NSW Camping - Groups program Provides accommodation and recreational activities to school, family and community groups. Camp activities include sports and recreational activities as well as evening entertainment and games. School Instructors are responsible for safety of campers at activities, for managing the group during activities, meals and night activities; teachers are responsible for allocating students to accommodation prior to camp, allocating students to activity groups (20 per group), and are solely responsible for supervision during the shower time and overnight. We require 1 teacher to accompany the group to activities and to supervise and assist a required. Family If it is one of our Family camps, we are responsible for designating accommodation (1 family per room/cabin); we also determine the activity groups (20 people). We still operate with a 1:20 staff:camper ratio and it is expected that the parents will be responsible for their own children at activities, during shower time and overnight. 	<ul style="list-style-type: none"> Program Co-ordinator Outdoor Education Instructor 	<ul style="list-style-type: none"> Groups 	<ul style="list-style-type: none"> Family ??? School ??? Community Staff to camper ratio for schools is: School 1:20 with 1 teacher per group 	<ul style="list-style-type: none"> 6mths- adult Must be 5years to participate in activities

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
		<ul style="list-style-type: none"> If it is a family booked by an outside source (i.e. a school P&C), a designated group leader allocates accommodation for the group, and the group lists; We still operate 1:20 staff:camper ratio as it is expected that the parents will be responsible for their own children at activities, during shower time and overnight. Community The designated group leader is responsible for allocating accommodation, and group lists. We still operate 1:20 staff:camper ratio as it is expected that the parents will be responsible for their own children at activities, during shower time and overnight. 				
<ul style="list-style-type: none"> Holiday Camps 	<ul style="list-style-type: none"> Camp Yarramundi, Hawkesbury Valley Sydney Olympic Park Lodge, Homebush 	<ul style="list-style-type: none"> YMCA NSW Holiday Camps are run over five days The program allows the enrolment of all children, including those referred from an agency. Holiday campers participate in a range of adventure activities including rock climbing, giant swing, flying fox, camp fires, kayaking, cave maze and many more activities. Night time movie nights, discos and camp fires also make up part of the week. All meals are catered for by internal YMCA staff For all of the above scenarios, there is an instructor rostered to be 'on call' – they are required to stay onsite overnight, and the contact 	<ul style="list-style-type: none"> Program Co-ordinator Outdoor Education Instructor 	<ul style="list-style-type: none"> Individuals 	<ul style="list-style-type: none"> YMCA NSW staff responsible for all children Staff to camper ratio is 1:10 (1 male and 1 female instructor) 	<ul style="list-style-type: none"> 6mths-adult Must be 5years to participate in activities

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		<p>point for groups in the event that they need assistance, or there is an emergency. They do not sleep in the cabins with any of the groups, they sleep in staff quarters in the back of the office and do not have direct contact or supervision of any children or young people overnight.</p>				
<ul style="list-style-type: none"> Siblings Reconnect 	<ul style="list-style-type: none"> Camp Yarramundi, Hawkesbury Valley Sydney Olympic Park Lodge, Homebush 	<ul style="list-style-type: none"> YMCA NSW Siblings Reconnect program provides opportunities for siblings who are, due to circumstances within their family, are unable to reside with their siblings an opportunity to spend a week with their siblings at camp. Participants are enrolled via an agency and focus ises on allowing the children to be able to spend time with their siblings in a safe camp environment filled with activities. This program has been identified as a program requiring additional support. I am currently working with our Camping General Manager and are going through recruitment to engage a social worker / psychologist to be appointed to provide pre, post and on site care during camp for these children. Caseworkers are required to fill out an enrolment form for the camp which ask questions about general details, as well as a behaviour management plan. Enrolments are reviewed by camp staff (this can include admin staff, programming staff and management), and if 	<ul style="list-style-type: none"> Program Co-ordinator. Outdoor Education Instructor. 	<ul style="list-style-type: none"> Individuals / sibling groups. 	<ul style="list-style-type: none"> The minimum staff ratio 1:10; group size of approx. 20 campers, with some camps having a 3rd instructor. The program coordinator, Operations Manager and Camp Manager are also on standby to be called upon if needed. The instructors are primarily responsible for the group, following the pre-programmed activities schedule, managing group behaviour 	<ul style="list-style-type: none"> Must be 5 years to participate in activities.

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		<p>necessary, referred to the Child Protection Unit for further guidance if any information presents potential risk to others.</p> <ul style="list-style-type: none"> Siblings Reconnect enrolments have been referred to us by numerous agencies including (but not limited to) FACS, Life Without Barriers, St Saviours, House with No Steps, Start Foster Care, The Benevolent Society, Wesley Mission and Care South. 			<p>throughout the camp including at activities, meals, shower time and in the cabin overnight (staff sleep in separate rooms under the same roof).</p>	
<ul style="list-style-type: none"> Camping - Grandparent Groups 	<ul style="list-style-type: none"> Camp Yarramundi, Hawkesbury Valley Sydney Olympic Park Lodge, Homebush 	<ul style="list-style-type: none"> The Camping - Grandparent Groups Program is conducted in the same manner as family camps, providing activities and respite for grandparents who are the primary carers for their grandchildren For the PrYme Carer camps, initiated by the YMCA, we advertise the camp, then open it up for families to apply. When enrolling, families need to say how they qualify for the program – i.e. for this one specifically they need to be the sole carers of their grandchildren. The YMCA heavily subsidises the program, with the camp fee being only \$50 for the family for the weekend. We allocate accommodation (1 family per room or cabin), we allocate families to activity groups (grouping families with similar ages together), and we program the weekend to include the adventure activities (attended as a family with their group) and a grandparent only activity to allow the grandparents time to relax, share 	<ul style="list-style-type: none"> Program Co-ordinator Outdoor Education Instructor 	<ul style="list-style-type: none"> Child/ grandparent groupings 	<ul style="list-style-type: none"> YMCA NSW 	<ul style="list-style-type: none"> 5years to adult Must be 5years to participate in activities

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		stories and connect with each other (these have included the movies, a high tea, PrYme mover aqua aerobics classes, tai chi class). During this time the grandchildren are looked after by the instructors at an activity.				
<ul style="list-style-type: none"> Junior Parliament 	<ul style="list-style-type: none"> 2016 – YMCA NSW Camp Yarramundi 	<ul style="list-style-type: none"> Junior Parliament is an apolitical program that introduces young people to the legal and parliamentary process of NSW and empowers them to be advocates for their community. Young people have the opportunity to create solutions to the problems facing NSW and debate those ideas in NSW Parliament House in front of real MPs. Participants receive skills training and leadership development before heading to NSW Parliament to spend two days debating in the chamber in front of real Members of Parliament. Junior Parliament involves a week long camp. 	<ul style="list-style-type: none"> Youth & Government Program Co-ordinator. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW Program Co-ordinator. YMCA NSW Youth Welfare Co-ordinator. Supported by: <ul style="list-style-type: none"> Youth Programs Manager. 	<ul style="list-style-type: none"> 12-15years.
<ul style="list-style-type: none"> Youth Parliament 	<ul style="list-style-type: none"> Sydney ACADEMY Sport and Recreation Campsite 	<ul style="list-style-type: none"> YMCA NSW Youth Parliament is a youth-led, a political program that aims to empower young people to become advocates and change-makers in their communities. Based on the key aims of leadership, advocacy and parliamentary education, Youth Parliament introduces young people to the workings of the NSW Parliamentary system and how they can be utilised to create affective change. Young people in the program are given the 	<ul style="list-style-type: none"> Youth & Government Program Co-ordinator. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW Program Co-ordinator. YMCA NSW Youth Welfare Co-ordinator. Supported by: <ul style="list-style-type: none"> Youth Programs Manager. 	<ul style="list-style-type: none"> 15-18years.

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		<p>skills and support to develop their public speaking and communication skills and are given the opportunity to put these skills into action during our Youth Sitting Week. Youth Parliament is a 7 month long program which consists of two residential camps known as Training Camp and Residential Camp.</p>				
<ul style="list-style-type: none"> Manning Youth Committee 	<ul style="list-style-type: none"> Manning Aquatic and Leisure Centres, Taree 	<ul style="list-style-type: none"> Manning Youth Project is led by the Manning Youth Committee which is made up of approximately 8 young people from the Taree area and is supported by YMCA staff, Coast Council Youth Development officer and local youth and community organisations and runs Friday night events. The YMCA Manning Aquatic and Leisure Centre Centre Manager and Assistant Manager, along with a volunteer studying a youth and community course support the youth committee by facilitating fortnightly meetings with the young people, distributing leadership tasks to the young people and guiding and mentoring them through it. The Centre Manager, Assistant Manager and volunteer are supported by the YMCA Youth Programs manager through providing training in working with young people and implementing processes for the program such as permission notes and setting measurable outcomes for the program. 	<ul style="list-style-type: none"> Manning Centre Manager. Youth Programs Manager. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. Manning Centre Manager. Supported by: <ul style="list-style-type: none"> Youth Programs Manager. 	<ul style="list-style-type: none"> 12-18 years.

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		<ul style="list-style-type: none"> Together with the YMCA staff and volunteers the youth committee are supported to develop and run monthly Friday night events held at the YMCA Aquatic and Leisure Centre. The YMCA staff ensure the safety and guidelines for the events such as providing trained life guards for pool events and ensuring staff and volunteer ratios for the supervision of the events. 				
<ul style="list-style-type: none"> Cooma Youth Hub 	<ul style="list-style-type: none"> 39-41 Vale Street, -Cooma – contract site 	<ul style="list-style-type: none"> Cooma Youth Hub is a drop in youth centre for young people offering drop in services-, school holiday programs and weekend activities. 	<ul style="list-style-type: none"> Program Coordinator – Cooma Youth Hub. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> 12-17 year olds.
<ul style="list-style-type: none"> Skate Park League 	<ul style="list-style-type: none"> Revesby Skate Park (2016) Clarendon Skate Park (2016) Bato Yard Skate Park (Bateau Bay) (2017) Oran Park Town Centre (pop up skate event) (2017) Greenhills Skate Park (Kurnell) (2017) 	<ul style="list-style-type: none"> This program involves a series of interconnected events that form one part of the Australian Skate Park Leagues which runs six separate series covering WA, Vic, Tas, NT and SA. (the other parts take place in other States and Territories). YMCA NSW staff run the full event from competitor's registration, ensuring young people are given safety briefings, facilitating the skate heats, developing and leading an event running order, liaising with parents/guardians and community members. YMCA NSW staff communicate to all team members and volunteers at the event as to child protection procedures. This which includes making people aware that if they notice any suspicious personnel at the event, they are to report it to the designated YMCA 	<ul style="list-style-type: none"> Youth Programs Manager. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW Youth Programs Manager. 	<ul style="list-style-type: none"> 12-24 years.

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		<p><u>NSW</u> staff member who will oversees the safety of the event. <u>YMCA NSW</u> staff are supported by the local Councils <u>so as to by</u> ensuring each the events is delivered at a safe venue.</p>				
<ul style="list-style-type: none"> Brightside 	<ul style="list-style-type: none"> University of NSW Morris Iemma Indoor Sports Centre YMCA Caringbah YMCA Epping Hawkesbury Oasis YMCA Mt Annan Leisure Centre YMCA Penrith Ku-ring-gai Fitness and Aquatic Centre Singleton YMCA Lake Haven YMCA Manning Aquatic & Leisure Centre 	<ul style="list-style-type: none"> <u>A 60-day structured exercise program for people who are on the mental health recovery journey. It aims to enhance the mood, self-esteem, confidence and energy of people who are experiencing mental health challenges. Brightside participants receive 60 days of unlimited access to YMCA facilities as well as an exercise mentor who will guide and mentor them with an exercise plan. Participants are encouraged to bring along a buddy during their gym visits and are encouraged to remain as YMCA members after the program. Explanation of Brightside, as per the above programs, is required here</u> <p><u>YMCA NSW's responsibilities include:</u></p> <ul style="list-style-type: none"> Develop<u>ing</u> the program. Staff<u>ing</u> the program. Train<u>ing</u> staff members. Provid<u>ing</u>e resources and materials to staff including program manuals. Collect<u>ing</u> data and <u>reporting on</u> outcomes. Engage in research Look<u>ing</u> for funding <u>opportunities.</u> <p><u>Explanation of CheerAbility, as per the above programs, is required here</u></p>	<ul style="list-style-type: none"> Program Coordinator operationally manages the program from head office. Local Brightside leaders at each centre. Fitness staff deliver the program to clients. 	<ul style="list-style-type: none"> People who are aged 16 years and over who are living with a mental health condition Most participants are referred into the program. Participants are individuals. 	<ul style="list-style-type: none"> Children in the program, like any other participant, spend time 1:1 with a personal trainer during their Brightside appointments at the recreation centre. Appointments are usually 30mins – 40mins. 	<ul style="list-style-type: none"> 16years and over.
<ul style="list-style-type: none"> CheerAbility 	<ul style="list-style-type: none"> Broken Hill Regional Aquatic Centre 	<p><u>Explanation of CheerAbility, as per the above programs, is required here</u></p>	<ul style="list-style-type: none"> Individual centres 	<ul style="list-style-type: none"> School groups 	<ul style="list-style-type: none"> <u>YMCA NSW</u> staff are 	<ul style="list-style-type: none"> 12-16 <u>years.</u>

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	<ul style="list-style-type: none"> Broken Hill YMCA 	<ul style="list-style-type: none"> CheerAbility is a program for everyone, in which participants are involved in a variety of physical activities through dance, movement, gymnastic-style activities, cheer and sports aerobics. CheerAbility classes are tailored to the ability and functionality of the participants, with a key focus on participation and enjoyment. CheerAbility is offered in an encouraging environment encouraging expression, and participants have the opportunity to develop new skills as well as stimulating social interaction. The role of YMCA NSW is to to assist and support recreation centres in the development and implementation of the programs as requested and agreed by centre managers. YMCA NSW program staff facilitate program with parents and support staff encouraged to remain, support and assist with their own children 	manage, operate and implement.	accompanied by a teacher.	<p>responsible for the care of the children during program delivery.</p> <ul style="list-style-type: none"> At times, during program delivery, where there might be a child with a disability that may require further support to enable inclusion into the program, an authorised support person or parent can assist that child. 	
<ul style="list-style-type: none"> SwimAbility 	<ul style="list-style-type: none"> Broken Hill Regional Aquatic Broken Hill YMCA Hawkesbury OASIS Mt Annan Leisure Centre Camden War Memorial Pool Kur-ring-gai Fitness & Aquatic Centre YMCA Swim School at Mariners Centre of Excellence Gungahlin Leisure Centre Great Lakes Aquatic and Leisure Centre 	<ul style="list-style-type: none"> Explanation of SwimAbility, as per the above programs, is required hereThe Y believes that everyone, whatever their physical or intellectual ability, should have access to potentially life-saving swimming lessons and learn to be safe in the water. The YMCA SwimAbility program provides vital swimming and water safety lessons for individuals with a disability. The SwimAbility program builds aquatic 	<ul style="list-style-type: none"> Individual centres manage, operate and implement. 	<ul style="list-style-type: none"> Primarily individuals accompanied by a primary carer. 	<ul style="list-style-type: none"> Swim instructors. 	<ul style="list-style-type: none"> 5-12 years.

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	<ul style="list-style-type: none"> Toukley Aquatic Centre 12-16yr Wyong Olympic Pool Batemans Bay Swimming Centre Narooma Swimming Centre Moruya War Memorial Swimming Centre 	<p>skills, confidence in the water, fitness, and empowers participants to achieve their best. The program allows for development at the participants own pace, developing coordination skills, confidence in and around the water and trust.</p> <ul style="list-style-type: none"> The role of YMCA NSW is to assist and support recreation centres in the development and implementation of the programs as requested and agreed by centre managers. 				
<ul style="list-style-type: none"> Gymability 	<ul style="list-style-type: none"> YMCA Bankstown City YMCA Caringbah YMCA Epping YMCA St Ives YMCA Penrith 	<ul style="list-style-type: none"> Explanation of Gymability, as per the above programs, is required here YMCA GymAbility is a Gymnastics based program that provides the opportunity for people with a disability to get active, increase mobility and participate in a sport that they may not otherwise feel they have the ability to. It offers the opportunity to be involved at all levels of participation, from joining in with a group requiring higher support needs through to competitive levels with links to club, regional, state and national opportunities. The program allows for development at the participants own pace, developing coordination, flexibility, fine and gross motor skills, confidence and experience of satisfaction of achieving and excelling. The role of YMCA NSW is to assist 	<ul style="list-style-type: none"> Individual centres manage, operate and implement. 	<ul style="list-style-type: none"> School groups accompanied by a teacher. 	<ul style="list-style-type: none"> YMCA NSW staff facilitate program with children accompanied by teachers who are also involved in the program. 	<ul style="list-style-type: none"> 5 years-adult.

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		and support recreation centres in the development and implementation of the programs as requested and agreed by centre managers.				
<ul style="list-style-type: none"> Flexible Respite 	<ul style="list-style-type: none"> YMCA Bankstown 	<ul style="list-style-type: none"> Provides This YMCA NSW program provides flexible respite services to school age children with a disability. This includes after school care, vacation care and flexible respite camps during school holidays. 	<ul style="list-style-type: none"> ??? Disability Services Manager 	<ul style="list-style-type: none"> Children with a disability. 	<ul style="list-style-type: none"> ??? YMCA NSW 	<ul style="list-style-type: none"> 6-12 years.
<ul style="list-style-type: none"> Learn to Swim 	<ul style="list-style-type: none"> University NSW Sport and Recreation Centre Ku-ring-gai Fitness and Aquatic Centre Mount Annan Leisure Centre Camden Memorial Pool Hawkesbury Oasis Gungahlin Leisure Centre Canberra Olympic Pool Lakeside Leisure Centre Narooma Pool Batemans Bay Aquatic Centre Moruya Pool Broken Hill Regional Aquatic Centre Singleton Gym and Swim Wyong Olympic Pool Toukley Aquatic Centre YMCA Swim School Manning Aquatic Centre Wingham Aquatic Centre Great Lakes Aquatic Centre Bellingen Swimming Pool Dorrigo Swimming Pool 	<ul style="list-style-type: none"> Learn to Swim provides swimming lessons across 12 different levels that cater for all ability levels. <p>YMCA NSW is responsible for:</p> <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. Instructing safe and high quality learn to swim lessons suitable for all ages and abilities of those in the class. Ensuring the facility and equipment is safe for classes. Pack up and set up of equipment (pending facility and lesson plan). Ensuring lesson plans are followed. Provides swimming lessons across 12 different levels that cater for all ability levels 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. *Parent participation is required for infants classes. 	<ul style="list-style-type: none"> 6mths-adult.
<ul style="list-style-type: none"> Squads 	<ul style="list-style-type: none"> University NSW Sport and Recreation Centre 	<ul style="list-style-type: none"> Explanation of Squads, as per the above programs, is required here 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> ??? 8-18years

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	<ul style="list-style-type: none"> • Ku-ring-gai Fitness and Aquatic Centre • Mount Annan Leisure Centre • Camden Memorial Pool • Hawkesbury Oasis • Gungahlin Leisure Centre • Canberra Olympic Pool • Lakeside Leisure Centre • Narooma Pool • Batemans Bay Aquatic Centre • Moruya Pool • Singleton Gym and Swim • Wyong Olympic Pool • Toukley Aquatic Centre • Manning Aquatic Centre • Wingham Aquatic Centre • Great Lakes Aquatic Centre • Bellingen Swimming Pool • Dorrigo Swimming Pool 	<ul style="list-style-type: none"> • YMCA NSW squads are provided by nationally accredited squad coaches. Participants are taught in a comprehensive and supportive learning environment focussed on encouraging participants to develop confidence in a competitive surrounding. The program is focussed on improving stroke technique and encouraging competitive skills based on lesson plans developed by the relevant squad coaches. • YMCA NSW is responsible for: <ul style="list-style-type: none"> • Recruitment of qualified coaches who undertake WWCC, police checks and undergo all YMCA onboarding requirements. • Ensuring all coaches qualifications are up to date. • Instructing safe and high quality swimming squad sessions. • Ensuring the facility and equipment is safe for sessions. • Pack up and set up of equipment (pending facility and lesson plan). • Ensuring lesson plans are followed. 				
<ul style="list-style-type: none"> • Fitness 	<ul style="list-style-type: none"> • University NSW Sport and Recreation Centre • Ku-ring-gai Fitness and Aquatic Centre • Mount Annan Leisure Centre • Camden Memorial Pool • Hawkesbury Oasis • Gungahlin Leisure Centre • Canberra Olympic Pool 	<ul style="list-style-type: none"> • Explanation of Fitness, as per the above programs, is required hereYMCA NSW provides fitness programs to its clients focussed on supporting participant’s goals with the full support of friendly and qualified staff. Fitness programs are designed to suit the different needs of clients based on ability and participation. Fitness programs 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • Individuals. 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • 10 years-adult.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> • Lakeside Leisure Centre • Narooma Pool • Batemans Bay Aquatic Centre • Broken Hill Regional Aquatic Centre • Broken Hill YMCA • Ryde Community Sports Centre • Epping YMCA • Bankstown YMCA • Morris lemma Indoor Sports Centre • Caringbah YMCA • Penrith YMCA • Singleton Gym and Swim • Lake Haven Recreation Centre • Manning Aquatic Centre • Great Lakes Aquatic Centre 	<p>include Group fitness and Personal Training.</p> <p>YMCA NSW is responsible for:</p> <ul style="list-style-type: none"> • Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. • Ensuring all instructor qualifications are up to date. • Providing health assessments. • Providing advice and coaching on the use of health club equipment. • Providing personal training sessions where a client has requested. • Ensuring the facility and equipment is safe for members. 				
<ul style="list-style-type: none"> • Teen Gym 	<ul style="list-style-type: none"> • University NSW Sport and Recreation Centre • Ku-ring-gai Fitness and Aquatic Centre • Mount Annan Leisure Centre • Hawkesbury Oasis • Gungahlin Leisure Centre • Lakeside Leisure Centre • Epping YMCA • Morris lemma Indoor Sports Centre • Caringbah YMCA • Penrith YMCA • Singleton Gym and Swim • Lake Haven Recreation Centre • Manning Aquatic Centre • Great Lakes Aquatic Centre 	<ul style="list-style-type: none"> • Explanation of TeenGym, as per the above programs, is required hereThis is an after-school program offering a fun and friendly fitness option for teenagers, with qualified fitness trainers to show how to develop positive exercise and healthy eating habits for life. • The program incorporates both structured, goal-orientated sessions and elements of supervised 'free access' to the gym facilities for participants to work at their own pace in an encouraging and supportive environment. • As well as building physical strength and fitness, the program aims to boost confidence, self-esteem and creates opportunities for lifelong 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • Individuals. 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • 11-15 years.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
		<p>friendship.</p> <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. Providing health assessments. Providing advice and coaching on the use of health club equipment. Instructing classes that are appropriate and suitable for those aged 11-15 years old. Ensuring the facility and equipment is safe for members. 				
<ul style="list-style-type: none"> Sports Competitions 	<ul style="list-style-type: none"> University NSW Sport and Recreation Centre Hawkesbury Stadium Ryde Community Sports Centre Epping YMCA Morris Iemma Indoor Sports Centre Singleton Heights Sports Centre Lake Haven Recreation Centre 	<ul style="list-style-type: none"> Explanation of Sports Competitions, as per the above programs, is required here YMCA Indoor Sports Competitions offer junior and senior competitions with great facilities, professional referees and online draws, results and fixtures. Competitions are focussed on encouraging participation and connection in a fun and safe environment, encouraging participation in team sports as a social way of keeping fit and healthy. <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> Recruitment of qualified umpires and referees for unaffiliated sports competitions who undertake WWCC, police checks and undergo all YMCA 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> Individuals and Teams. 	<ul style="list-style-type: none"> YMCA NSW and Affiliated Governing Body referees. 	<ul style="list-style-type: none"> 5-18 years.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
		<p>onboarding requirements.</p> <ul style="list-style-type: none"> Ensuring all referees supplied by Governing bodies of affiliated sports are fully qualified and have a WWCC check. Ensuring all umpire and coaching qualifications are up to date. Ensuring the facility and equipment is safe for play. Instructing and umpiring a safe game or match. Ensuring game cards are signed by both teams. Offers junior indoor sports competitions and includes soccer, netball and basketball. Program aims at maintaining fitness, developing interpersonal skills, making friends and fun. 				
<ul style="list-style-type: none"> School PE Programs 	<ul style="list-style-type: none"> University NSW Sport and Recreation Centre Mount Annan Leisure Centre Camden Memorial Pool Hawkesbury Oasis Hawkesbury Stadium Gungahlin Leisure Centre Narooma Pool Batemans Bay Aquatic Centre Broken Hill Regional Aquatic Centre Broken Hill YMCA Epping YMCA St Ives YMCA Bankstown YMCA Morris Iemma Indoor Sports Centre 	<ul style="list-style-type: none"> <u>Through this service, YMCA NSW offers a range of PE programs to NSW schools that create a fun and supportive environment in which children can be active, try new sports, learn about healthy lifestyles and develop personal and social skills under supervision of qualified staff.</u> <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> School Groups. 	<ul style="list-style-type: none"> YMCA NSW and teachers. 	<ul style="list-style-type: none"> 5-18 years.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> • Caringbah YMCA • Penrith YMCA • Singleton Gym and Swim • Singleton Heights Sports Centre • Lake Haven Recreation Centre • Manning Aquatic Centre • Wingham Aquatic Centre • Great Lakes Aquatic Centre • Bellingen Swimming Pool • Dorrigo Swimming Pool 	<ul style="list-style-type: none"> • Providing coaching and instruction across a variety of sports. • Ensuring lesson plans are followed. • Ensuring the facility and equipment is safe for members. • Pack up and set up of equipment (pending facility and lesson plan). • <i>Offers a range of PE programs to NSW schools that create a fun and supportive environment in which children can be active, try new sports, learn about healthy lifestyles and develop personal and social skills under supervision of qualified staff</i> 				
<ul style="list-style-type: none"> • Learn To Play 	<ul style="list-style-type: none"> • Mount Annan Leisure Centre • Hawkesbury Stadium • Ryde Community Sports Centre • Epping YMCA • Bankstown YMCA • Morris Iemma Indoor Sports Centre • Lake Haven Recreation Centre 	<ul style="list-style-type: none"> • <u>YMCA NSW Learn to Play program provides a fun introduction to sports such as netball, soccer and basketball to children. The program emphasises developing social skills and team spirit in the process.</u> • <u>Each session includes skills training and a mini-game, and is run indoors.</u> • <u>The program's aims include keeping kids engaged and active during poor weather.</u> • <u>YMCA NSW is responsible for:</u> <ul style="list-style-type: none"> • Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. • Ensuring all instructor qualifications are up to date. • Providing coaching and instruction across a variety of sports. • Ensuring lesson plans are followed. 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • Individuals. 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • 5-12 years.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
		<ul style="list-style-type: none"> Ensuring the facility and equipment is safe for members. Pack up and set up of equipment (pending facility and lesson plan). <ul style="list-style-type: none"> Provides a fun introduction to sports such as netball, soccer and basketball, developing social skills and team spirit in the process. Each session includes skills training and a mini game and is run indoors. Aims at keeping kids engaged and active during poor weather 				
<ul style="list-style-type: none"> Crèche 	<ul style="list-style-type: none"> University NSW Sport and Recreation Centre Ku-ring-gai Fitness and Aquatic Centre Mount Annan Leisure Centre Hawkesbury Oasis Hawkesbury Stadium Gungahlin Leisure Centre Lakeside Leisure Centre Broken Hill YMCA Epping YMCA Morris Iemma Indoor Sports Centre Caringbah YMCA Penrith YMCA Singleton Gym and Swim Lake Haven Recreation Centre Manning Aquatic Centre Great Lakes Aquatic Centre 	<ul style="list-style-type: none"> YMCA NSW Crèche provides short term care for parents who are participating in YMCA fitness programs. YMCA NSW is responsible for: <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. Ensuring the facility Provide short term care for parents who are participating in YMCA fitness programs Ensuring the facility and equipment is safe for children. Pack up and set up of equipment (pending facility and lesson plan). 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> 0-12 years.
<ul style="list-style-type: none"> Birthday Parties 	<ul style="list-style-type: none"> Ku-ring-gai Fitness and Aquatic Centre Hawkesbury Oasis 	<ul style="list-style-type: none"> Through the Birthday Parties program, YMCA NSW provides a service offering a variety of 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> Individuals. 	<ul style="list-style-type: none"> YMCA NSW. 	<ul style="list-style-type: none"> 4-15 years.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> • Hawkesbury Stadium • Narooma Pool • Batemans Bay Aquatic Centre • Moruya Pool • Broken Hill Regional Aquatic Centre • Broken Hill YMCA • Epping YMCA • St Ives YMCA • Bankstown YMCA • Penrith YMCA • Singleton Gym and Swim • Singleton Heights Sports Centre • Lake Haven Recreation Centre • Toukley Aquatic Centre • Manning Aquatic Centre • Wingham Aquatic Centre • Great Lakes Aquatic Centre • Bellingen Swimming Pool • Dorrigo Swimming Pool 	<p><u>recreational activities for small groups of children aged between 5-12 years old.</u></p> <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> • Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. • Ensuring all instructor qualifications are up to date. • Instructing a variety of recreational activities for small groups of children aged between 5-12 years old • Ensuring the facility and equipment is safe for members. • Pack up and set up of equipment (pending facility and activity). 				
<ul style="list-style-type: none"> • KinderGym 	<ul style="list-style-type: none"> • Epping YMCA • St Ives YMCA • Bankstown YMCA • Caringbah YMCA • Penrith YMCA • Lake Haven Recreation Centre • Manning Aquatic Centre • Great Lakes Aquatic Centre 	<ul style="list-style-type: none"> • <u>The KinderGym program offers activities aimed at improving coordination, gross motor skills, balance, problem-solving and confidence for infants and young children.</u> <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> • Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. • Ensuring all instructor qualifications are up to date. • Instructing gymnastic activities for those aged between 18 months – 5 	<ul style="list-style-type: none"> • YMCA NSW. 	<ul style="list-style-type: none"> • Individuals. 	<ul style="list-style-type: none"> • YMCA NSW. • Note: parent participation is required. 	<ul style="list-style-type: none"> • 18_mths_ - 5_years_.

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
		<p>years.</p> <ul style="list-style-type: none"> Ensuring the facility and equipment is safe for classes. Pack up and set up of equipment (pending facility and lesson plan). Ensuring lesson plans are followed. Activities are aimed at improving coordination, gross motor skills, coordination, balance, problem-solving and confidence. 				
<ul style="list-style-type: none"> Recreation Gymnastics Programs 	<ul style="list-style-type: none"> Epping YMCA St Ives YMCA Bankstown YMCA Caringbah YMCA Penrith YMCA Manning Aquatic Centre 	<ul style="list-style-type: none"> YMCA NSW Recreation Gymnastics Programs are based on artistic gymnastic principles to develop strength, coordination, flexibility, motor skills and confidence. <p>YMCA NSW is responsible for:</p> <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. Instructing gymnastic activities for those aged between 5 - 12 years. Ensuring the facility and equipment is safe for classes. Pack up and set up of equipment (pending facility and lesson plan). Ensuring lesson plans are followed. Based on artistic gymnastic principles and develops strength, coordination, flexibility, motor skills and confidence 	YMCA NSW	Individuals	YMCA NSW	5-12 years
<ul style="list-style-type: none"> Elite Gymnastics 	<ul style="list-style-type: none"> Epping YMCA St Ives YMCA 	<ul style="list-style-type: none"> YMCA NSW Elite Gymnastics program is offered to graduates of 	<ul style="list-style-type: none"> YMCA NSW 	<ul style="list-style-type: none"> Individuals 	<ul style="list-style-type: none"> YMCA NSW 	<ul style="list-style-type: none"> 10-16 years

Program	Location	Role of YMCA NSW	Who runs it	Participants	Who is responsible for children	Age range of participants
	<ul style="list-style-type: none"> Bankstown YMCA Caringbah YMCA Penrith YMCA 	<p><u>the Recreation Gymnastics classes and focuses on advanced gymnastics skills.</u></p> <ul style="list-style-type: none"> Participants in the program have the opportunity of competing at state, national and international competitions. <p><u>YMCA NSW is responsible for:</u></p> <ul style="list-style-type: none"> Recruitment of qualified instructors who undertake WWCC, police checks and undergo all YMCA onboarding requirements. Ensuring all instructor qualifications are up to date. Instructing advanced gymnastic activities for those aged between 5-18 years. Ensuring the facility and equipment is safe for classes. Pack up and set up of equipment (pending facility and lesson plan). Ensuring lesson plans are followed. Program is offered to graduates of the Recreation Gymnastics classes and focuses on advanced gymnastics skills. Participants have the opportunity to compete at state, national and international competitions. 				