



Youth Program Schedule

Fall Session: September 26 - December 4, 2022

Registration is required for all programs, except Floor Curl and Bhangra Fitness.

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

Statutory Holidays 8 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	MUSIC AND MOVEMENT 3 MOS - 3 YRS 9 - 9:45 AM		MUSIC AND MOVEMENT 3 MOS - 3 YRS 9 - 9:45 AM	ALL SORTS OF SPORTS 3 - 8 YRS 10 - 10:45 AM
	TUMBLE TIME 3 MOS - 5 YRS 10 AM - 11 AM	HOMESCHOOL GYM & SWIM ALL AGES 10 AM - 12 PM	TUMBLE TIME 3 MOS - 5 YRS 11 AM - 12 PM	ALL SORTS OF SPORTS 6 - 12 YRS 11 - 11:45 AM
YOUTH CARDIO STRENGTH 10+ YRS 5 - 5:45 PM	ARTS AND CRAFTS 3 - 8 YRS 5 - 5:45 PM		YOUTH CARDIO STRENGTH 10+ YRS 4 - 4:45 PM	ADVENTURES IN COOKING 6 - 8 YRS 10 - 11:15 AM
YOUTH CARDIO STRENGTH 10+ YRS 6 - 6:45 PM	ARTS AND CRAFTS 6 - 12 YRS 6 - 6:45 PM		YOUTH CARDIO STRENGTH 10+ YRS 5 - 5:45 PM	ADVENTURES IN COOKING 9 - 12 YRS 12 - 1:15 PM
BASKETBALL 6 - 12 YRS 5 - 5:45 PM	SOCCER 6 - 12 YRS 5 - 5:45 PM	Y ACTIVE KIDS 3 - 8 YRS 5 - 5:45 PM	FLOOR CURL ALL AGES 5 - 5:45 PM	
BASKETBALL 6 - 12 YRS 6 - 6:45 PM	SOCCER 6 - 12 YRS 6 - 6:45 PM	Y ACTIVE KIDS 6 - 12 YRS 6 - 6:45 PM	BHANGRA FITNESS ALL AGES 6 - 6:45 PM	

Tumble Room Hours:

Monday, Wednesday, Friday & Saturday 7 AM - 1 PM

Monday to Friday 1 PM - 8 PM

Play space available for children under 10.

Adult supervision required.

Child Minding Hours:

Monday to Saturday 9 AM - 12 PM

Monday to Thursday 4 PM - 7 PM

Drop the kids off and enjoy some YOU time!

6 months to 5 years. Parents & guardians must remain in building.

Parents of children **under the age of 10 years** are required to sign children in and out of programs and must remain in the building for the duration of the program.

Schedules are subject to change.

705-497-9622 ymcaneco.ca

Building healthy communities



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PROGRAM DESCRIPTIONS

ADVENTURES IN COOKING (6-8 & 9-12 years)

- An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes. Children will learn the entire cooking process and get to enjoy their final product.

ALL SORTS OF SPORTS (3-5, 6-8 & 9-12 years)

- A great way to develop the fundamental skills for any and all sports children might get into later in life. Our focus on developing physical literacy will help develop competent and confident athletes who love to be active.

ARTS & CRAFTS (3-5, 6-8 & 9-12 years)

- Come spark your imagination and creativity through Arts & Crafts. Build beauty with various mediums and materials. You will have a masterpiece to take home with you after the program.

BASKETBALL (6-8 & 9-12 years)

- Learn the skills necessary to crush it on the court. Participants will be introduced to dribbling, shooting, passing, new drills and game play.

BHANGRA FITNESS (All ages)

- A unique fitness experience based on the energetic, folk dance and music form that originated from Punjab, India.

FLOOR CURL (All ages)

- An iceless curling program with equipment that uses target mats and stones to provide a curling experience accessible to all ages.

HOMESCHOOL GYM & SWIM (All ages)

- Kids will get to play active games in the gymnasium followed by time in the pool.

MUSIC & MOVEMENT (3 months - 3 years)

- A programs for toddlers to play with instruments and move to music. Enjoy a morning of singing and dancing.

SOCCER (6-8 & 9-12 years)

- Build confidence and improve soccer skills through drills and game play.

Y ACTIVE KIDS (3-5, 6-8 & 9-12 years)

- This program gets children moving through games and activities that encourage cooperation and non-competitive movement.

YOUTH CARDIO STRENGTH (10+ years)

- Youth will learn how to use equipment in the fitness centre and build confidence to workout independently.

TUMBLE TIME (3 months - 3 years)

- A parent supervised gymnastics program for young ones. Climbing, rolling, swinging, jumping, and much more make these classes fun for everyone.

DETAILS ABOUT PROGRAM OFFERINGS, INCLUDING REGISTRATION, CAN BE FOUND ONLINE AT YMCA-NEO.FORCE.COM.

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