



Youth Program Schedule

Winter Session: January 9 - March 26, 2023

Registration is required for all programs. Youth programs will NOT run March 13 to 19.

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	ADVENTURES IN COOKING 3 - 5 YRS 9 - 9:45 AM
	TUMBLE TIME 3 MOS - 3 YRS 10 AM - 10:45 AM		TUMBLE TIME 3 MOS - 3 YRS 11 AM - 11:45 AM	ADVENTURES IN COOKING 6 - 8 YRS 10 - 11:15 AM
		HOMESCHOOL GYM & SWIM 4 - 12 YRS 1:30 - 3 PM		ADVENTURES IN COOKING 9 - 12 YRS 12 - 1:15 PM
	ARTS AND CRAFTS 3 - 5, 6 - 8 YRS 5 - 5:45 PM	SILLY SCIENTISTS 3 - 5, 6 - 8 YRS 5 - 5:45 PM		ALL SORTS OF SPORTS 3 - 5, 6 - 8 YRS 10 - 10:45 AM
	ARTS AND CRAFTS 6 - 8, 9 - 12 YRS 6 - 6:45 PM	SILLY SCIENTISTS 6 - 8, 9 - 12 YRS 6 - 6:45 PM	TUMBLE TIME 3 - 5 YRS 5 - 5:45 PM	ALL SORTS OF SPORTS 6 - 8, 9 - 12 YRS 11 - 11:45 AM
YOUTH CARDIO STRENGTH 10 - 14 YRS 5 - 5:45 PM	SOCCER 3 - 5, 6 - 8 YRS 5 - 5:45 PM	BASKETBALL 3 - 5, 6 - 8 YRS 5 - 5:45 PM	BHANGRA FITNESS ALL AGES 5 - 5:45 PM	
	SOCCER 6 - 8, 9 - 12 YRS 6 - 6:45 PM	BASKETBALL 6 - 8, 9 - 12 YRS 6 - 6:45 PM	Y ACTIVE KIDS 6 - 8, 9 - 12 YRS 6 - 6:45 PM	

Tumble Room:

Gymnastics play space available for children under 10.

This space is available at all times, except:

Tue/Thu 8:30 AM-12 PM, Thu 4-6 PM, Sat 1-5 PM, and all day Sundays.

Adult supervision required.

Child Minding Hours:

Drop the kids off and enjoy some YOU time!

Monday to Saturday 9 AM - 12 PM

Monday to Thursday 4:30 PM - 7:30 PM

3 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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Monday - Friday 5:30 AM - 10 PM

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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.

SILLY SCIENTISTS

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

- Our Silly Scientists will be introduced to all types of science! Learn the methods behind it, then try the experiments for themselves!

HOMESCHOOL GYM & SWIM

(4+ years)

- 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 - 14 years)

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

TUMBLE TIME

(3 months - 3 years, 3 - 5 years)

- A recreational gymnastics program for the young ones. Climbing, rolling, swinging, jumping, and much more make these classes fun for everyone.
- The 3 mos. to 3 yrs. group requires parent participation.

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

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