



Youth Schedule

Spring Session: April 10 - June 18, 2023
 Registration is required for all programs.

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 - 18 MOS 9:30 - 10 AM		MUSIC AND MOVEMENT 3 - 18 MOS 9:30 - 10 AM	SOCCER 3 - 5 YRS 9:30 - 10 AM
	MUSIC AND MOVEMENT 19 MOS - 2 YRS 10:05 - 10:35 AM		MUSIC AND MOVEMENT 19 MOS - 2 YRS 10:05 - 10:35 AM	SOCCER 6 - 9 YRS 10:10 - 10:55 AM
	TUMBLE TIME 3 - 18 MOS 11- 11:30 AM		TUMBLE TIME 3 - 18 MOS 11- 11:30 AM	SOCCER 10 - 12 YRS 11:05 AM - 12:05 PM
	TUMBLE TIME 19 MOS - 2 YRS 11:35 AM - 12:05 PM		TUMBLE TIME 19 MOS - 2 YRS 11:35 AM - 12:05 PM	ADVENTURES IN COOKING 6 - 9 YRS 9:30 - 10:45 AM
				ADVENTURES IN COOKING 6 - 9 YRS 11:15 AM - 12:30 PM
	ARTS AND CRAFTS 3 - 5 YRS 5 - 5:30 PM	SILLY SCIENTISTS 3 - 5 YRS 5 - 5:30 PM	ALL SORTS OF SPORTS 3 - 5 YRS 5 - 5:30 PM	ADVENTURES IN COOKING 10 - 12 YRS 1:30 - 2:45 PM
	ARTS AND CRAFTS 6 - 9 YRS 5:40 - 6:25 PM	SILLY SCIENTISTS 6 - 9 YRS 5:40 - 6:25 PM	ALL SORTS OF SPORTS 6 - 9 YRS 5:40 - 6:25 PM	
	VISUAL ARTS 10 - 12 YRS 6:35 - 7:35 PM	SILLY SCIENTISTS 10 - 12 YRS 6:35 - 7:35 PM	ALL SORTS OF SPORTS 10 - 12 YRS 6:35 - 7:35 PM	
BASKETBALL 3 - 5 YRS 5 - 5:30 PM	SOCCER 3 - 5 YRS 5 - 5:30 PM			
BASKETBALL 6 - 9 YRS 5:40 - 6:25 PM	SOCCER 6 - 9 YRS 5:40 - 6:25 PM			
BASKETBALL 10 - 12 YRS 6:35 - 7:35 PM	SOCCER 10 - 12 YRS 6:35 - 7:35 PM	3V3 DROP-IN BASKETBALL 13+ YRS 7:30 - 9 PM		

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 ymcaneo.ca
 Building healthy communities



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PROGRAM DESCRIPTIONS

ADVENTURES IN COOKING

- 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

- 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 / VISUAL ARTS

- 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

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

MUSIC & MOVEMENT

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

SILLY SCIENTISTS

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

SOCCER

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

TUMBLE TIME

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

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

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.

Tumble Room:

Gymnastics play space available for children under 10.

Tumble Room Hours:

Mon/Wed/Fri: 10 AM-8 PM, Thu/Thu: 12:30-8 PM, Sat: 7 AM-1:30 PM

Adult supervision required.

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