



Youth Schedule

Fall Session: September 25 - December 10, 2023

Registration 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 & Movement 0-18m 9:30-10am		Music & Movement 19m-3y 9:30-10am	Adventures in Cooking 6-9y 9:30-10:45am
	Music & Movement 19m-3y 10:05-10:35am		Music & Movement 0-18m 10:05-10:35am	Adventures in Cooking 6-9y 11:15am-12:30pm
	Tumble Time 19m-3y 11-11:30am		Tumble Time 0-18m 11-11:30am	Adventures in Cooking 10-12y 1:30-2:45pm
	Tumble Time 0-18m 11:35am-12:05pm		Tumble Time 19m-3y 11:35am-12:05pm	Soccer 4-5y 9:30-10am
	Arts & Crafts 4-5y 5-5:30pm	Curtain Call 4-5y 5-5:30pm	Silly Scientists 4-5y 5-5:30pm	Soccer 6-9y 10:10-10:55am
Amazing Me 6-9y 5:30-6:15pm	Arts & Crafts 6-9y 5:40-6:25pm	Curtain Call 6-9y 5:40-6:25pm	Silly Scientists 6-9y 5:40-6:25pm	Soccer 10-12y 11:05am-12:05pm
Amazing Me 10-12y 6:30-7:30pm	Visual Arts 10-12y 6:35-7:35pm	Curtain Call 10-12y 6:35-7:35pm	Silly Scientists 10-12y 6:35-7:35pm	
Basketball 4-5y 5-5:30pm	Soccer 4-5y 5-5:30pm	Floor Hockey 6-9y 5-5:45pm	All Sorts of Sports 4-5y 5-5:30pm	
Basketball 6-9y 5:40-6:25pm	Soccer 6-9y 5:40-6:25pm	Floor Hockey 10-12y 5:45-6:30pm	All Sorts of Sports 6-9y 5:40-6:25pm	
Basketball 10-12y 6:35-7:35pm	Soccer 10-12y 6:35-7:35pm		All Sorts of Sports 10-12y 6:35-7:35pm	



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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 all sports. Our focus on developing physical literacy will help develop competent and confident athletes who love to be active.

Amazing Me: A program designed to empower girls to participate in sports in a healthy and positive way. Curriculum includes a focus on confidence, positive self-esteem, healthy participation, coaching, mindfulness, vision boarding, and goal setting.

Arts & Crafts: Spark your imagination and creativity. Build beauty with various mediums and materials. Participants will have a masterpiece to take home after the program.

Basketball: Participants will be introduced to dribbling, shooting, passing, new drills, and gameplay.

Curtain Call: Leap into the world of the dramatic. This program introduces kids to improv, script work, and movement. Paired with games to build skills, participants will finish their session with a final performance.

Floor Hockey: Participants will be introduced to stick handling, passing, shooting, new drills and gameplay. Register now to ensure you are ready to rock for our new partnership with Street Hockey NHL coming this spring!

Music & Movement: A parent-supervised class for children to play with instruments and move to music.

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

Silly Scientists: Inquisitive young scientists will be introduced to the wonders of science. Each week we will execute all sorts of experiments to help better understand physics, chemistry, and engineering.

Soccer: Build confidence and improve soccer skills through drills and gameplay.

Visual Arts: Utilizing various techniques and mediums, create visual art pieces complete with a gallery showcase at the end of the session.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!
Ages 3m-5y

Monday to Saturday 9am-12pm
Monday to Thursday 4:30-7:30pm

TUMBLE ROOM HOURS:

Gymnastics play space for children under 10.
Adult supervision required.

Available all times **except** Monday-Friday 9am-12:30pm,
Saturday after 2pm, and all-day Sunday.