



# Youth Fall Schedule

Youth Fall Program Sessions: September 25 -December 9, 2023  
 Registration is required for all programs and swim times

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	FRIDAY	SATURDAY
<b>After School Program</b> 6-12 years 3:00pm-6:00pm	<b>After School Program</b> 6-12 years 3:00pm-6:00pm	<b>After School Program</b> 6-12 years 3:00pm-6:00pm	<b>After School Program</b> 6-12 years 3:00pm-6:00pm	<b>Teen Night</b> 13+ years 4:00pm-10:00pm	<b>Youth Drop-In</b> 6-12 years 9:15am-1:00pm
<b>Music and Movement</b> 18 months – 3 years 4:30pm-5:00pm	<b>Youth Drop-In</b> 6-12 years 5:30pm-7:30pm	<b>Youth Drop-In</b> 6-12 years 5:30pm-7:30pm	<b>Youth Drop-In</b> 6-12 years 5:30pm-7:30pm		<b>Gymnastics</b> 18months-12years 9:30am-1:30pm
<b>Youth Drop-In</b> 6-12 years 5:30-7:30	<b>All Sorts of Sports</b> 4-5 years 5:30-6:00 6-9 years 6:00-6:45 10-12years 6:45-7:45	<b>Visual Arts</b> 4-5 years 5:30-6:00 6-9 years 6:00-6:45 10-12years 6:45-7:45	<b>Basketball</b> 4-5 years 5:30-6:00 6-9 years 6:00-6:45 10-12years 6:45-7:45		<b>Adventures in Cooking Around the World</b> 6-9 years 11:45-2:00 10-12 years 9:00-11:15
<b>Amazing ME!</b> 6-12y 5:30-6:15	<b>Youth Fit</b> 10-13 years 5:30pm-6:30pm	<b>Spanish Club</b> 6-12y 4:00-5:00 13+Y 5:00-6:00	<b>Volleyball</b> 10-12 years 7:45-8:45		<b>Floor Hockey Fundamentals</b> 6-9 years 9:30-10:15
<b>Advanced Judo</b> 6-12 years 6:30-7:30 13+ 7:30-9:00			<b>Leader Core</b> 12-15 years 5:30pm-7:30pm		<b>Dance</b> 18m-3y 10:15-10:45 4-5 years 9:45-10:15 6-9 years 10:45-11:30 10-12 years 11:30-12:30
			<b>Beginner Judo</b> 6-9 years 5:45-6:30		
		<b>Advanced Judo</b> 6-12 years 6:30-7:30 13+ 7:30-9:00	<b>Karate</b> 6-9 years 6:40-7:10 10-12 years 7:15-8:00 13+ 8:05-9:35		

Child Minding Hours:  
 Drop the kids off and enjoy some YOU time!  
 Monday to Thursday 9:00AM-12:00PM & 4:30PM-7:30PM  
 Saturdays 9:15AM-1:15PM

*Schedules are subject to change.*

705-674-8315 | ymcaneco.ca



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### **After School Program (6-12y):**

A free afterschool program running on regular school weeks, Monday – Thursday 3:00pm-6:00pm. Does not run on PD days, Winter break or March break. Participants play in the gym, swim and will be provided with homework support and snacks!

### **Youth Drop-In (6-12y):**

The Youth Drop-In program is great for parents and youth alike! Drop off your youth with our staff while you get some alone time to exercise, swim, shower, and sauna! Both children and adults must present membership cards at sign in, and the maximum length of stay per child is two hours. Pre-registration via the portal is necessary for entry.

### **Amazing ME! (6-12y):**

Amazing ME is a program designed to empower girls to participate in sport in a healthy and positive way. The curriculum focuses on confidence, positive self-esteem, healthy participation in sport, leadership, yoga and mindfulness, vision boarding and goal setting!

### **Judo (6-13y+):**

Judo is a self-defense based martial art that looks at taking advantage of an opponent's movement to immobilize them by use of a throw or pin. Students in judo learn skills to increase their balance, coordination, and overall health while learning respect, friendship, and most of all, having fun!

### **All Sorts of Sports:**

A great way to develop the fundamental skills for 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.

### **Leader Core:**

The Leader Core program provides 12–15-year-old participants with the opportunity to grow into well-rounded young leaders. This program encourages young people to share their thoughts and experiences with each other, while working towards personal growth. Throughout the program, participants will be challenged to build their communication, problem solving, confidence and other leadership skills through fun activities and group discussion. With multiple guest speakers and volunteer opportunities, this is truly the place for your young leader. Program requirements include acquiring 10 volunteer hours within our YMCA program.

### **Visual Arts / Arts & Crafts:**

Participants will enjoy creating and using a variety of art forms including painting, drawing, sculpting, and designing. Participants will use their imagination and tap into their innovation, while learning the elements of art such as line, shape, form, space, texture, value and colour. Visual Art participants will host an art gallery at the end of the session!

### **Youth Fit:**

An introduction to fitness for youth ages 10-13yrs old! Throughout the program, youth will participate in a 15-minute H.I.I.T workout, learn about proper nutrition, how to fuel your body, and how to use fitness equipment properly and safely. Each week will be focused on a different muscle group through exercise.

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### **Spanish Club:**

Welcome to our Beginners Spanish Club, where learning and fun come together! Our club is led by passionate volunteers who are excited to introduce you to the beautiful world of the Spanish language and Hispanic cultures. Whether you're starting from scratch or just brushing up on your basics, our friendly and supportive environment is perfect for learners of all levels.

### **Karate:**

Practice self-discipline to learn self-defence and build self-confidence. Students will learn the fundamentals of Goju-ryu Karate-do. The emphasis will be on "kata", a traditional system for learning self-defence and fighting techniques in a safe and controlled environment. Goju-ryu has its origins in Okinawa, the birthplace of karate. Goju translates as "hard-soft", referring to balance and harmony.

### **Teen Night:**

A night dedicated to our teens! For just \$5.00, come into the Y to play basketball, swim, work out and enjoy the company of other youth from your community!

### **Gymnastics:**

One of the best all-around activities to develop bodily awareness, strength, and coordination! Gymnastics has all kinds of progressions to keep you coming back year after year on bars, floor, beams, and vault. Gymnasts can continue to develop skills throughout our tiered program!

### **Dance:**

Participants will learn a variety of different techniques with a focus on fostering a love of dance and movement. Participants spend time on different disciplines, allowing them to improve their skills. With an end of session performance, participants will build confidence and learn choreography.

### **Adventures in Cooking Around the World:**

An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes from around the world! Each week, the children will learn the entire cooking process of a full meal then, get to enjoy their final product. Participants will be provided with a cookbook of all the recipes from the session!

### **Adventures in Cooking Back to Basics:**

An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes to our youngest chefs! Each week, the children will learn the entire cooking process of a meal. Then, they get to enjoy their final product. Participants will be provided with a cookbook of all the recipes from the session!

### **Floor Hockey Fundamentals:**

Join us in Floor Hockey to learn new skills! Participants will be introduced to stick handling, passing, shooting, new drills and game play. Register now to ensure you are ready to rock for our new partnership with Street Hockey NHL coming this spring.