



Youth Schedule

Winter Session: January 8 - March 25

Registration required for all programs. Registered programs will not run February 19 or March 9-15.

Building Hours:

Monday - Friday 5:30am-10pm

Saturday & Sunday 7am-5pm

Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	Music & Movement 0-18m 9:30-10am		Tumble Time 18m-3y 9:30-10am	Adventures in Cooking 6-9y 9:30-10:45am
	Music & Movement 18m-3y 10:05-10:35am		Tumble Time 0-18m 10:05-10:35am	Adventures in Cooking 6-9y 11:15am-12:30pm
	Tumble Time 18m-3y 11-11:30am		Music & Movement 0-18m 11-11:30am	Adventures in Cooking 10-12y 1:30-2:45pm
	Tumble Time 0-18m 11:35am-12:05pm		Music & Movement 18m-3y 11:35am-12:05pm	Floor Hockey 4-5y 9:30-10am
Silly Scientists 4-5y 5-5:30pm	Visual Arts 4-5y 5-5:30pm		Amazing Me 6-9y 5-6pm	Floor Hockey 6-9y 10:10-10:55am
Silly Scientists 6-9y 5:40-6:25pm	Visual Arts 6-9y 5:40-6:25pm	Curtain Call 6-9y 5:40-6:25pm		Floor Hockey 10-12y 11:05am-12:05pm
Silly Scientists 10-12y 6:35-7:35pm	Visual Arts 10-12y 6:35-7:35pm			
Basketball 4-5y 5-5:30pm	Soccer 4-5y 5-5:30pm	All Sorts of Sports 4-5y 5-5:30pm		
Basketball 6-9y 5:40-6:25pm	Soccer 6-9y 5:40-6:25pm	All Sorts of Sports 6-9y 5:40-6:25pm		
Basketball 10-12y 6:35-7:35pm	Soccer 10-12y 6:35-7:35pm	Youth Fit 10-13y 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.

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!

Leader Core: The Leader Core program provides 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.

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: Participants will enjoy creating, 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.

Youth Fit: An intro to fitness for youth ages 10-13. Throughout the program, youth will participate in a workout, learn about proper nutrition on how to fuel your body, and how to use fitness equipment safely.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time! Ages 3 months to 5 years.

Monday to Friday 9am-12pm

Monday to Thursday 4:30-7:30pm

Saturday 9am-1pm

TUMBLE ROOM HOURS:

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

Available all times **except** Monday-Friday 9am-12:30pm, Saturday after 2:00pm, and all-day Sunday.