



Youth Schedule

Winter Session: January 8 - March 10
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30AM – 9:30PM
 Saturday & Sunday 8AM – 4PM
 Statutory Holidays 8AM – 4PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School 6-12y 3:30pm-6:30pm	After School 6-12y 3:30pm-6:30pm	After School 6-12y 3:30pm-6:30pm	After School 6-12y 3:30pm-6:30pm	Teen Night 13-18y 4:00pm-9:30pm	Youth Drop In 6-12y 9:00am-1:00pm
Building Science 4-5y 5:15pm-5:45pm 6-9y 5:50pm-6:35pm 10-12 6:40pm-7:25pm	Youth Drop In 6-12y 4:30pm-7:30pm	Youth Drop In 6-12y 4:30pm-7:30pm	Youth Drop In 6-12y 4:30pm-7:30pm		Gymnastics 18m-13y 9:30am-1:30pm
Leader Core 12-15y 5:00pm-6:30pm	Spanish Club Beginner 4:30pm-5:15pm Intermediate 5:1pm5-6:00pm	Basketball 6-9y 6:00pm-6:45pm 10-12y 6:50-7:45pm	Basketball 4-5y 5:15pm-5:45pm 6-9y 5:50pm-6:35pm 10-12 6:40pm-7:25pm		Sudbury Symphony Mini Music Makers 18m-4y 10:05am-10:35am
Amazing Me 6-12y 6:30pm-7:15pm	All Sorts of Sports 4-5y 5:15pm-5:45pm	Visual Art 4-5y 5:15pm-5:45pm 6-9y 5:50pm-6:35pm 10-12 6:40pm-7:25pm	Guitar with Dr. G 8-13 5:45pm-6:15pm		Soccer 4-5y 10:50am-11:20am 6-9y 10:00am-10:45am 10-12y 11:20am-12:05pm
Youth Fit 10-13y 6:30pm-7:30pm	Flag Football 6-9y 5:50pm-6:35pm 10-12 6:40pm-7:25pm	Advanced Judo 6-12y 6:30pm-7:30pm Adult 13+ 7:30pm-9:00pm	Beginner Judo 6-12y 5:45pm-6:30pm		
Advanced Judo 6-12y 6:30pm-7:30pm Adult 13+ 7:30pm-9:00pm			Karate 6-9y 6:40pm-7:10pm 10-12y 7:1pm5-8:00pm 13+ 8:00pm-9:30pm		

Schedules are subject to change.

705-674-8315 ymcaneco.ca



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Adult Judo (13+ years): Members \$31.00 Non-Members \$124.00

This class is for participants ages 13+ only. 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! Judo can be done by everyone, regardless of their age or athletic abilities.

Adventures in Cooking (6-12 years): Members \$56.75 Non-Members \$227.00

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

After School Program (6-12 years): Members \$0.00 Non-Members \$0.00

A free after school program running on regular school days. Does not run on PD days, Winter break or March break. Participants play active games and sports, crafts and will be provided with homework support!

All Sorts of Sports (4-5 years): Members \$27.00 Non-Members \$108.00

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 (6-12 years): Members \$31.00 Non-Members \$124.00

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 (4-12 years): Members \$27.00 Non-Members \$108.00

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

Beginner Judo (6-12 years): Members \$31.00 Non-Members \$124.00

This program is designed for Beginners aged 6-12! 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! Judo can be done by everyone, regardless of their age or athletic abilities.

Building Science (4-12 years): Members \$51.50 Non-Members \$206.00

The ultimate hands-on experience! Immerse yourself in an exciting week of constructing, creating, and assembling cool projects. Participants will also participate in fun experiments and explore different kinds of science!

Child Minding (3 months – 5 years): Members \$0.00 Non-Members \$15.00 / hour

Drop off your child(ren) with our caring staff while you get some alone time to exercise, swim, shower, and sauna. Maximum 2 hours.

Flag Football (6-12 years): Members \$31.00 Non-Members \$124.00

Join us at the YMCA for an action-packed session of flag football! Our program offers a fantastic opportunity for kids and teens to develop their football skills in a safe, inclusive, and supportive environment. Led by experienced coaches, participants will learn the fundamentals of the game, including passing, receiving, and flag-pulling techniques.



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Gymnastics (18 months – 13 years): Members \$51.50 Non-Members \$206.00
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 in our advanced gymnastics classes.

Karate (6-13+ years): Members \$31.00 Non-Members \$124.00
Practice self-discipline to learn self-defense 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-defense 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.

Leader Core (12-15 years): Members \$31.00 Non-Members \$124.00
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. 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.

Mini Music Makers (18 months – 5 years): Members \$100.00 Non-Members \$150.00
This program is a harmonious blend of creativity and early childhood education, fostering a lifelong love for music while nurturing key developmental skills. Through "Mini Music Makers," your child will embark on a melodic adventure, exploring the magic of sound, rhythm, and song. Guided by our passionate and experienced music instructor, Nicky, your little one will delight in a variety of engaging activities, from toe-tapping tunes to hands-on instrument play.

Parent participation required. *Specialty program – No refunds will be issued*

Soccer (4-12 years): Members \$27.00 Non-Members \$108.00
Build confidence and improve soccer skills through drills and gameplay!

Spanish Club (6+ years): Members \$31.00 Non-Members \$124.00
Beginner: 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. Join us for interactive sessions filled with engaging activities and conversations that will help you build your confidence and communication skills. Come embark on this linguistic journey with us and discover the joy of speaking Spanish!

Intermediate: Welcome to our Intermediate Spanish Club, where language mastery and cultural exploration intertwine seamlessly! Led by experienced instructors with a deep love for the richness of the Spanish language and diverse Hispanic customs, our club offers a dynamic and nurturing environment for those seeking to elevate their proficiency in Spanish. Whether you've laid a solid foundation or are looking to refine your existing skills, our engaging sessions are tailored to challenge and inspire you. Immerse yourself in our vibrant community as we delve into advanced grammar, idiomatic expressions, and nuanced conversational techniques. Join us as we celebrate the beauty of mastering Spanish and embracing its cultural tapestry!

Guitar - Strum and Pluck with Dr. G (10-13 years): Members \$150.00 Non-Members \$200.00
Ignite your musical journey with Dr. G in our beginner guitar class. Led by our experienced instructor Dr Matthew Gould, you'll learn the fundamentals of guitar playing, including chords, fingerpicking, strumming techniques, and reading tablature and musical notation. Join us and unleash your inner rockstar!
Specialty program – No refunds will be issued* This includes the guitar rental that your child can take home for the session

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Yellow Belt Judo (6-12 years): Members \$31.00 Non-Members \$124.00

This program is designed for more advanced judo participants! 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! Judo can be done by everyone, regardless of their age or athletic abilities.

Youth Drop In (6-12 years): Members \$0.00 Non-Members \$15.00 / hour.

Drop off your 6–12-year-olds with our caring staff while you get some alone time to exercise, swim, shower and sauna. Maximum 2 hours

Youth Fit (10-13 years): Members \$27.00 Non-Members \$108.00

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.

Visual Art (4-12 years): Members \$51.50 Non-Members \$206.00

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.

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!

Ages 3m-5y

Monday to Friday 9am-12pm

Monday to Thursday 4:30-7:30pm

Saturdays 9:15am-1:15pm