

# Youth Schedule

Spring Schedule: April 8 – June 16  
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   |
|--|--|--|---|---|--|
| <b>Child Minding</b><br>3m-5y 9:00-12:00pm   | <b>Child Minding</b><br>3m-5y 9:00-12:00pm   | <b>Child Minding</b><br>3m-5y 9:00-12:00pm   | <b>Child Minding</b><br>3m-5y 9:00-12:00pm  | <b>Child Minding</b><br>3m-5y 9:00-12:00pm  | <b>Child Minding</b><br>3m-5y<br>9:00-1:00pm   |
| <b>After School</b><br>6-12y<br>3:30-6:30pm  | <b>After School</b><br>6-12y<br>3:30-6:30pm  | <b>After School</b><br>6-12y<br>3:30-6:30pm  | <b>After School</b><br>6-12y<br>3:30-6:30pm   | <b>Teen Night</b><br>13-18y<br>4:00-10:00pm | <b>Youth Drop In</b><br>6-12y<br>9:00-1:00pm   |
| <b>Child Minding</b><br>3m-5y<br>4:30-7:30pm   | <b>Child Minding</b><br>3m-5y<br>4:30-7:30pm   | <b>Child Minding</b><br>3m-5y<br>4:30-7:30pm   | <b>Child Minding</b><br>3m-5y<br>4:30-7:30pm  |   | <b>Gymnastics</b><br>18m-12y<br>9:30-1:30pm  |
| <b>Youth Drop In</b><br>6-12y<br>4:30-7:30pm   | <b>Youth Drop In</b><br>6-12y<br>4:30-7:30pm   | <b>Youth Drop In</b><br>6-12y<br>4:30-7:30pm   | <b>Youth Drop In</b><br>6-12y<br>4:30-7:30pm  |   | <b>Sudbury Symphony<br/>Mini Music Makers</b><br>18m-3<br>10:05-10:50am<br>18m-3<br>11:05-11:50am  |
| <b>Soccer</b><br>4-5y<br>5:15-5:45pm<br>6-9y<br>5:50-6:35pm<br>10-12y<br>6:40-7:25pm | <b>Active Play</b><br>4-5y<br>5:00-5:30pm  | <b>Visual Art</b><br>4-5y<br>5:15-5:45pm<br>6-9y<br>5:50-6:35pm<br>10-12y<br>6:40-7:25pm | <b>Basketball</b><br>6-9y<br>5:00-5:45pm<br>10-12y<br>5:50-6:35pm<br>6-9y<br>6:40-7:25pm<br>10-12y<br>7:30-8:15pm |   | <b>Building Science</b><br>4-5y<br>10:15-10:45am<br>6-9y<br>10:50-11:35am                          |
| <b>Youth Fit</b><br>9-10y<br>6:00-7:00pm<br>11+<br>7:00-8:00pm                       | <b>Flag Football</b><br>6-9y<br>5:35-6:20pm<br>10-12y<br>6:25-7:25pm<br>13+<br>7:30-8:30pm | <b>Judo</b><br>6-12y<br>6:30-7:30pm<br>13+<br>7:30-9:30pm                                | <b>Sudbury Symphony<br/>Guitar</b><br>8-13y<br>5:15-6:30pm  |   | <b>NHL Street Hockey</b><br>4-5y<br>12:00-12:45pm<br>6-9y<br>12:50-1:50pm<br>10-12y<br>1:55-3:10pm |

Schedules are subject to change.

# Youth Schedule

Spring Schedule: April 8 – June 16

Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday & Sunday 8am-4pm  
Statutory Holidays 8am-4pm

**Active Play** Members: \$27.00 Non-Members: \$108.00

Active Play is a dynamic program focused on cultivating physical literacy and introducing a variety of sports, games, and movement forms. Beyond traditional activities, this initiative encourages exploration and mastery, fostering a love for an active lifestyle. Join us for an exhilarating journey where participants enhance fitness, develop fundamental movement skills, and ignite a lifelong passion for staying active. Let's play, learn, and move together with Active Play!

**After School Program** Members: \$0.00 Non-Members: \$0.00

A free afterschool program running on regular school weeks, Monday-Thursday 3:30pm-6:30pm. Does not run on PD days, Winter break or March break. Participants will be provided with homework support and snacks!

**Basketball** Members: \$27.00 Non-Members: \$108.00

Participants will be introduced to dribbling, shooting, passing, new drills and game play!

**Building Science** Members: \$51.50 Non-Members: \$206.00

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

**Child Minding** 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 hour per day. Registration required on Avocado.

**Flag Football** 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.

**Sudbury Symphony Guitar** Members: \$200.00 Non-Members: \$250.00

Ignite your musical journey with Dr. G in the Sudbury Symphony Music Conservatory's beginner guitar class. Led by our experienced SSMC 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\***

**Gymnastics** 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.

**Judo** Members: \$31.00 Non-Members \$124.00

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 Schedule

Spring Schedule: April 8 – June 16  
Registration required for all programs.

Building Hours:  
Monday - Friday 5:30am-9:30pm  
Saturday & Sunday 8am-4pm  
Statutory Holidays 8am-4pm

**Sudbury Symphony Mini Music Makers** Members:  
\$150.00 Non-Members \$200.00

This Sudbury Symphony Music Conservatory 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 SSMC 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\***

**NHL Street Hockey** Members: \$31.00 Non-Members  
\$124.00

NHL STREET is designed to provide kids and their families the best of what youth sports can be: having fun, staying active, making friends, and creating great memories. That's why the NHL and the YMCA are inviting you to join our street hockey league where kids of all skill levels can learn and play.

When you join NHL STREET™, you can expect a fast-paced game that teaches teamwork, creativity, and resilience. Created with parents in mind, we're ensuring the pressure, schedules, and costs typically associated with hockey (and other youth sports) are kept in check. No ice. Limited rules. Unlimited fun.

Discover hockey more accessible and affordable than ever before. The final date will involve a tournament style celebration, outdoors \*weather dependant. The registration fee is to cover the cost of the NHL branded jersey each participant will receive. \*Financial Assistance Available!

**Youth Drop In** 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 hour per day. Registration required on Avocado.

**Youth Fit** Members: \$27.00 Non-Members \$108.00

An introduction to fitness for youth! Throughout the program, youth will participate in a 15-minute H.I.I.T workout, learn about proper nutrition on 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.

**Soccer** Members: \$27.00 Non-Members: \$108.00  
Build confidence and improve soccer skills through drills and gameplay.

**Visual Art** 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.

*Schedules are subject to change.*