

# Youth Schedule

Spring Schedule: April 8-June 16, 2024  
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-10pm  
 Saturday & Sunday 7am-5pm  
 Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	<b>Music &amp; Movement</b> 0-18m 9:30-10am  <b>Music &amp; Movement</b> 18m-3y 10:05-10:35am  <b>Tumble Time</b> 18m-3y 11-11:30am  <b>Tumble Time</b> 0-18m 11:35am-12:05pm		<b>Tumble Time</b> 18m-3y 9:30-10am  <b>Tumble Time</b> 0-18m 10:05-10:35am  <b>Music &amp; Movement</b> 0-18m 11-11:30am  <b>Music &amp; Movement</b> 18m-3y 11:35am-12:05pm	<b>Adventures in Cooking</b> 6-9y 9:30-10:45am  <b>Adventures in Cooking</b> 6-9y 11:15am-12:30pm  <b>Adventures in Cooking</b> 10-12y 1:30-2:45pm  <b>Badminton</b> 4-5y 9:30-10am  <b>Badminton</b> 6-9y 10:10-10:55am  <b>Badminton</b> 10-12y 11:05am-12:05pm
<b>Silly Scientists</b> 4-5y 5-5:30pm		<b>Visual Arts</b> 4-5y 5-5:30pm		
<b>Silly Scientists</b> 6-9y 5:40-6:25pm	<b>Curtain Call</b> 6-12y 5-5:45pm	<b>Visual Arts</b> 6-9y 5:40-6:25pm	<b>Let's Go Garden</b> 6-9y 5-6pm	
<b>Silly Scientists</b> 10-12y 6:35-7:35pm	<b>Amazing Me</b> 6-12y 6-7pm	<b>Visual Arts</b> 10-12y 6:35-7:35pm	<b>Let's Go Garden</b> 10-12y 6:10-7:10pm	
<b>Basketball</b> 4-5y 5-5:30pm	<b>Soccer</b> 4-5y 5-5:30pm	<b>All Sorts of Sports</b> 4-5y 5-5:30pm	<b>NHL Street Hockey</b> 4-5y 5-5:30pm	
<b>Basketball</b> 6-9y 5:40-6:25pm	<b>Soccer</b> 6-9y 5:40-6:25pm	<b>All Sorts of Sports</b> 6-9y 5:40-6:25pm	<b>NHL Street Hockey</b> 6-9y 5:40-6:25pm	
<b>Basketball</b> 10-12y 6:35-7:35pm	<b>Soccer</b> 10-12y 6:35-7:35pm	<b>Youth Fit</b> 10-13y 6:35-7:35pm	<b>NHL Street Hockey</b> 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.

**Badminton:** a fun-filled introduction to the sport, promoting teamwork and skill development in a supportive setting. Expert coaching and engaging activities ensure a memorable experience, sparking a lifelong love for badminton.

**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.

**NHL Street 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 NHL Street Hockey coming this spring!

**Let's Go Garden:** an interactive program that inspires a love for gardening through hands-on activities. Join us to discover the joys of growing your own food and connecting with nature!

**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.

**Youth Fit:** An introduction to fitness for youth ages 10-13yrs old. Throughout the program, youth will participate in a workout and how to use fitness equipment properly and safely. Each week will be focused on a different muscle group through exercise.

## **CHILDMINDING HOURS:**

Drop the kids off and enjoy some YOU time!  
Ages 3 months-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 2pm, and Sunday after 10am.