

Youth Schedule

Summer Schedule: July 2 - August 25, 2024
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am-9pm
Saturday & Sunday 7am-3pm
Closed on Jul 1st, Aug 5th, Sep 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Child Minding 3m-5y 9am-12pm	Child Minding 3m-5y 9am-12pm	Child Minding 3m-5y 9am-12pm	Child Minding 3m-5y 9am-12pm	Child Minding 3m-5y 9am-12pm	NHL Street Hockey 4-5y 9-9:30am
	Child Minding 3m-5y 4:30-7:30pm	Child Minding 3m-5y 4:30-7:30pm	Child Minding 3m-5y 4:30-7:30pm		NHL Street Hockey 6-9y 9:35-10:20am
	Badminton 6-9y 6-6:45pm	Youth Fit 10-13y 5:30-6:30pm	Basketball 4-5y 6-6:30pm		NHL Street Hockey 10-12y 10:25-11:25am
	Badminton 10-12y 6:50-7:50pm	Youth Fit 10-13y 6:35-7:35pm	Basketball 6-9y 6:35-7:20pm		

TUMBLE ROOM HOURS:

Gymnastics play space for children under 10.

Adult supervision required.

Monday - Friday 8am-8pm

Saturday & Sunday 8-10am, 1:30-2:30pm

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.

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!

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.