

Youth Schedule

Fall Session: September 29 – December 8, 2024
Registration required for all programs.

Building Hours:
Monday-Friday 5:30am-9:30pm
Saturday 7am-4pm
Sunday 8am-4pm
Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	Music & Movement 0-18m 9-9:30am		Tumble Time 18m-3y 9-9:30am	NHL Street Hockey 4-5y 9:15-9:45am
	Music & Movement 18m-3y 9:35-10:05am		Tumble Time 0-18m 9:35-10:05am	NHL Street Hockey 6-9y 9:55-10:40am
	Tumble Time 18m-3y 10:30-11am		Music & Movement 0-18m 10:30-11am	NHL Street Hockey 10-12y 10:50-11:50am
	Tumble Time 0-18m 11:05-11:35am		Music & Movement 18m-3y 11:05-11:35am	Adventures in Cooking 6-9y 9:30-10:45am
Silly Scientists 4-5y 5-5:30pm	Arts & Crafts 4-5y 5-5:30pm		Dance 4-5y 5-5:30pm	Adventures in Cooking 6-9y 11:15am-12:30pm
Silly Scientists 6-9y 5:40-6:25pm	Arts & Crafts 6-9y 5:40-6:25pm		Dance 6-9y 5:40-6:25pm	Adventures in Cooking 10-12y 1:30-2:45pm
Silly Scientists 10-12y 6:35-7:35pm	Arts & Crafts 10-12y 6:35-7:35pm		Dance 10-12y 6:35-7:35pm	
Badminton 4-5y 5-5:30pm	Soccer 4-5y 5-5:30pm	Basketball 4-5y 5-5:30pm	Confident Girls 6-9y 5-5:45pm	
Badminton 6-9y 5:40-6:25pm	Soccer 6-9y 5:40-6:25pm	Basketball 6-9y 5:40-6:25pm	Confident Girls 10-12y 6-7pm	
Badminton 10-12y 6:35-7:35pm	Soccer 10-12y 6:35-7:35pm	Basketball 10-12y 6:35-7:35pm	Youth Fit 10-13y 5:30-6:30pm	
		Zumba All Ages 6:30-7:30pm	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.

Arts & Crafts: Participants will enjoy creating, using a variety of art forms including painting, drawing, sculpting and designing.

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.

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

Confident Girls: A transformative program where girls explore sports and personal empowerment. Our curriculum nurtures athletic skills, confidence, and self-esteem through dynamic coaching, mindfulness, and vision boarding. Participants will set goals, build friendships, and leave with a renewed sense of self.

Dance: Participants will learn a variety of techniques and disciplines with a focus on growing their skills fostering a love of dance and movement. With an end of session performance, participants will build confidence and learn choreography.

NHL Street Hockey: Designed for kids of all skill levels - learn and play with fast-paced games that teach 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. Discover hockey more accessible and affordable than ever before. The final date will involve a tournament-style celebration.

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.

Youth Fit: An introduction to fitness for youth ages 10-13yrs old. Youth will participate in a workout and learn how to use fitness equipment properly and safely, focusing on a different muscle group each week.

YMCA@HOME+

YMCA at Home is our virtual platform offering youth and family activities including gym class fun, camp games, leadership development, crafts, sing-alongs, and more! Adult content includes fitness classes, healthy meal plans & recipes, mindfulness, women's health, and more. Visit Membership Services for your exclusive discount code and access ymcahome.ca to get the most from your YMCA membership!

CHILDMINDING HOURS:

Drop the kids off and enjoy some YOU time!
Ages 3 months to 5 years.
Monday to Saturday 9am-12pm
Monday to Thursday 5:30-7:30pm

TUMBLE ROOM HOURS:

Play space for children under 10. Adult supervision required.
Monday/Wednesday/Friday 8:30am-7:30pm
Tuesday/Thursday 12-7:30pm
Saturday/Sunday 7-11:30am, 3-4pm