

# Youth Schedule

Winter Session: January 6 – March 16, 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
	<b>Music &amp; Movement</b> 0-18m 9-9:30am		<b>Tumble Time</b> 18m-3y 9-9:30am	<b>Floor Hockey</b> 4-5y 9:15-9:45am
	<b>Music &amp; Movement</b> 18m-3y 9:35-10:05am		<b>Tumble Time</b> 0-18m 9:35-10:05am	<b>Floor Hockey</b> 6-9y 9:55-10:40am
	<b>Tumble Time</b> 18m-3y 10:30-11am		<b>Music &amp; Movement</b> 0-18m 10:30-11am	<b>Floor Hockey</b> 10-12y 10:50-11:50am
	<b>Tumble Time</b> 0-18m 11:05-11:35am		<b>Music &amp; Movement</b> 18m-3y 11:05-11:35am	<b>Adventures in Cooking</b> 6-9y 9:30-10:45am
<b>Silly Scientists</b> 4-5y 5-5:30pm	<b>Arts &amp; Crafts</b> 4-5y 5-5:30pm	<b>Confident Girls</b> 6-9y 5-5:45pm	<b>Badminton</b> 4-5y 5-5:30pm	<b>Adventures in Cooking</b> 6-9y 11:15am-12:30pm
<b>Silly Scientists</b> 6-9y 5:40-6:25pm	<b>Arts &amp; Crafts</b> 6-9y 5:40-6:25pm	<b>Confident Girls</b> 10-13y 6-6:45pm	<b>Badminton</b> 6-9y 5:40-6:25pm	<b>Adventures in Cooking</b> 10-12y 1:30-2:45pm
<b>Silly Scientists</b> 10-12y 6:35-7:35pm	<b>Arts &amp; Crafts</b> 10-12y 6:35-7:35pm	<b>Dance</b> 4-5y 5:15-5:45pm	<b>Badminton</b> 10-12y 6:35-7:35pm	
<b>Basketball</b> 4-5y 5-5:30pm	<b>Soccer</b> 4-5y 5-5:30pm	<b>Dance</b> 6-9y 5:55-6:40pm	<b>Youth Fit</b> 10-13y 5:30-6:30pm	
<b>Basketball</b> 6-9y 5:40-6:25pm	<b>Soccer</b> 6-9y 5:40-6:25pm	<b>Dance</b> 10-12y 6:50-7:50pm	<b>Youth Fit</b> 10-13y 6:35-7:35pm	
<b>Basketball</b> 10-12y 6:35-7:35pm	<b>Soccer</b> 10-12y 6:35-7:35pm	<b>Zumba</b> All Ages 6:30-7:30pm		

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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.

**Floor Hockey:** Designed for kids of all skill levels - learn and play with fast-paced games that teach teamwork, creativity, and resilience.

**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 10-13 years 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.

## **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

## **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](http://ymcahome.ca) to get the most from your YMCA membership!