

Winter Youth Schedule

January 6th – March 16th 2025
 Registration required for all programs.

Building Hours:
 Monday - Friday 5:30am-9:30pm
 Saturday 8am-6pm
 Sunday 8am-4pm

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|
| Child and Youth Drop In 3 Months – 12 Years 9:00am-12:00pm | NO child and Youth Drop in available | Child and Youth Drop In 3 Months – 12 Years 9:00am-12:00pm | Child and Youth Drop In 3 Months – 12 Years 9:00am-12:00pm | Child and Youth Drop In 3 Months – 12 Years 9:00am-12:00pm | Child and Youth Drop In 3 Months – 12 Years 9:00am-1:00pm |
| After School Program 6-12 years 3:00-6:00pm | After School Program 6-12 years 3:00-6:00pm | After School Program 6-12 years 3:00-6:00pm | After School Program 6-12 years 3:00-6:00pm | Teen Night 13-18 years 4:30-9:30pm | Mini Music Makers 18m-3y 8:45-9:30am |
| Youth Centre 10-18 years 3:30-8:00pm | Youth Centre 10-18 years 3:30-8:00pm | Youth Centre 10-18 years 3:30-8:00pm | Youth Centre 10-18 years 3:30-8:00pm | | Active Play 4-5y 9:00-9:30am |
| Child and Youth Drop In 3 Months – 12 Years 4:30-7:30pm | Child and Youth Drop In 3 Months – 12 Years 4:30-7:30pm | Child and Youth Drop In 3 Months – 12 Years 4:30-7:30pm | Child and Youth Drop In 3 Months – 12 Years 4:30-7:30pm | | Gymnastics 18m-12y 9:30-1:15pm |
| Youth Fit 10-13y 6:00-7:00pm | Flag Football 6-9y 5:30-6:15pm 10-13+ 6:20-7:20pm | Soccer 4-5y 5:00-5:30pm 6-9y 5:35-6:20pm 10-12y 6:25-7:25pm | Visual Arts 4-5y 5:00-5:30pm 6-9y 5:35-6:20pm 10-12y 6:25-7:25pm | | All Sorts of Sports 6-9y 9:35-10:20am 10-12 10:25-11:25am |
| Judo 6-12y 6:30-7:30pm 13+ 7:30-9:30pm | | Judo 6-12y 6:30-7:30pm 13+ 7:30-9:30pm | | | Basketball 6-9y 5:00-5:45pm 6-9y 5:50-6:35pm 10-13y 6:40-7:40pm |
| Swing into Racquet Sports 9-13y 7:15-8:15pm | Confident Girls 6-9y 6:00-6:45pm 10-13y 6:50-7:50pm | All children must be pre-registered online for our childminding services <u>before</u> arriving at the YMCA. Also, note that the child and parent/guardian must be active members of the YMCA to use this service. | | | Youth Drop Centre 10-18 years 3:30-6:00pm |

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Active Play Members: \$28.25 Non-Members: \$113.00

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 & Non-Members: \$0.00

Calling all youth ages 6-12! Our FREE After School program runs from Monday through Thursdays from 3:30-6:00pm. We offer an exciting lineup of activities. Participants will enjoy a healthy snack, get homework help, play fun games and more! NEW THIS YEAR - we are offering bussing! If your participant goes to school in the area, call your consortium today to see if you qualify for a drop off location at the Y! Our staff will get your participant off the bus. Registration is now open for members, and is open for non-members on Wednesday, August 28th. Limited spaces are available, register now!

Basketball Members: \$28.25 Non-Members: \$113.00

Join our Dynamic Basketball Program where young athletes will develop essential skills like dribbling, shooting, and passing. Participants will engage in exciting drills and gameplay, designed to enhance their technique, boost their confidence, and foster a love for the game in a fun, supportive environment.

Child and Youth Drop In Members: \$0.00

Drop off your children with our caring staff while you get some alone time to exercise, participate in one of our classes, swim, shower and sauna! Maximum 2 hours per day.

Flag Football Members: \$28.25 Non-Members: \$113.00

Join us 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.

Gymnastics Members: \$53.75 Non-Members: \$215.00

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. Gymnasts can continue to develop skills in our advanced gymnastics classes!

Judo Members: \$61.28 Non-Members: \$245.10

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.

All Sorts of Sports Members: \$28.25 Non-Members: \$113

Discover the joy of movement in our All Sorts of Sports program at the YMCA! Each week, participants will explore a different sport, building a wide range of fundamental skills while developing physical literacy. Through fun and engaging activities, we aim to nurture confident, competent athletes who love staying active and enjoy trying new challenges. Whether it's basketball, soccer, or floor hockey, there's something for everyone to enjoy and grow their love for sports!

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Strings with Beth Members: \$100.00 Non-Members: \$125.00

Experience the Sudbury Symphony Music Conservatory's welcoming violin class with the talented Beth Ilana Schneider-Gould, concertmaster of the SSO. In this supportive environment, no experience or skill is required as young musicians, ages 8-12, will learn beginner techniques, enhance their musicality, and foster their love for the violin. Join us for a musical journey filled with creativity and joy! *Specialty program – No refunds will be issued* This includes the violin rental that your child can take home for the session*

Confident Girls Members: \$32.25 Non-Members: \$129.00

Welcome to the Confident Girls Athletics Experience - an immersive program where girls embark on a transformative journey through the world of sports and personal empowerment. Our carefully curated curriculum goes beyond the game, nurturing not only athletic skills but also fostering confidence, positive self-esteem, and a healthy approach to sports participation. Guided by expert coaches, participants will engage in dynamic coaching sessions, mindfulness practices, and vision boarding exercises that encourage goal setting. Our goal is to empower young girls to embrace their unique strengths, build lasting friendships, and leave with a renewed sense of self. Join us for a week of inspiration, growth, and fun as we create a supportive environment where every girl can discover her Amazing ME.

Visual Arts \$53.75 Non-Members: \$215.00

Step up to the plate in our Youth Wiffle Ball Program at the YMCA! Perfect for beginners and young athletes, this program focuses on the fundamentals of hitting, pitching, and fielding in a fun, no-pressure environment. Kids will enjoy friendly competition and teamwork while developing their skills and a love for the game.

Soccer \$28.25 Non-Members: \$113.00

Boost confidence and elevate your soccer skills in our action-packed program. Through engaging drills and dynamic gameplay, participants will sharpen their techniques while enjoying a supportive and fun-filled environment.

Swing Into Racquet Sports \$32.25 Non-Members: \$129.00

Discover the thrill of squash, badminton, and pickleball in Swing into Racquet Sports! This 10-week program for ages 9-13 combines fun drills, exciting games, and friendly competition to build skills like agility, teamwork, and confidence. Perfect for beginners or experienced players, all equipment is provided—just bring your energy and enthusiasm!

Youth Fit Members: \$28.25 Non-Members: \$113.00

An introduction to fitness for youth ages 10-13yrs old! Throughout the on how to fuel your body, and how to use fitness equipment properly and safely. program, youth will participate in a 15-minute H.I.I.T workout, learn about proper nutrition. Each week will be focused on a different muscle group through exercise.

Mini Music Makers Members: \$100 Non-Members: \$125

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, Milas, your little one will delight in a variety of engaging activities, from toe-tapping