

# Youth Schedule

Spring Session: March 31 – June 8 2025  
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><br>0-18m<br>9-9:30am      |   | <b>Tumble Time</b><br>18m-3y<br>9-9:30am               | <b>Floor Hockey</b><br>4-5y<br>9:15-9:45am              |
|  | <b>Music &amp; Movement</b><br>18m-3y<br>9:35-10:05am |   | <b>Tumble Time</b><br>0-18m<br>9:35-10:05am            | <b>Floor Hockey</b><br>6-9y<br>9:55-10:40am             |
|  | <b>Tumble Time</b><br>18m-3y<br>10:30-11am            |   | <b>Music &amp; Movement</b><br>0-18m<br>10:30-11am     | <b>Floor Hockey</b><br>10-12y<br>10:50-11:50am          |
|  | <b>Tumble Time</b><br>0-18m<br>11:05-11:35am          |   | <b>Music &amp; Movement</b><br>18m-3y<br>11:05-11:35am | <b>Adventures in Cooking</b><br>6-9y<br>9:30-10:45am    |
| <b>Silly Scientists</b><br>4-5y<br>5-5:30pm      | <b>Dance</b><br>4-5y<br>5-5:30pm                      | <b>Arts &amp; Crafts</b><br>4-5y<br>5-5:30pm      |  | <b>Adventures in Cooking</b><br>6-9y<br>11:15am-12:30pm |
| <b>Silly Scientists</b><br>6-9y<br>5:40-6:25pm   | <b>Dance</b><br>6-9y<br>5:40-6:25pm                   | <b>Arts &amp; Crafts</b><br>6-9y<br>5:40-6:25pm   | <b>Badminton</b><br>4-5y<br>5-5:30pm                   | <b>Adventures in Cooking</b><br>10-12y<br>1:30-2:45pm   |
| <b>Silly Scientists</b><br>10-12y<br>6:35-7:35pm | <b>Dance</b><br>10-12y<br>6:35-7:35pm                 | <b>Arts &amp; Crafts</b><br>10-12y<br>6:35-7:35pm | <b>Badminton</b><br>6-9y<br>5:40-6:25pm                |   |
| <b>Basketball</b><br>4-5y<br>5-5:30pm            | <b>Confident Girls</b><br>6-9y<br>5-5:45pm            | <b>Soccer</b><br>4-5y<br>5-5:30pm                 | <b>Badminton</b><br>10-12y<br>6:35-7:35pm              |   |
| <b>Basketball</b><br>6-9y<br>5:40-6:25pm         | <b>Confident Girls</b><br>10-13y<br>6-6:45pm          | <b>Soccer</b><br>6-9y<br>5:40-6:25pm              |  |   |
| <b>Basketball</b><br>10-12y<br>6:35-7:35pm       | <b>Youth Fit</b><br>10-13y<br>5:30-6:30pm             | <b>Soccer</b><br>10-12y<br>6:35-7:35pm            |  |   |
|  | <b>Youth Fit</b><br>10-13y<br>6:35-7:35pm             | <b>Zumba</b><br>All Ages<br>6:30-7:30pm           |  |   |

# Youth Schedule

Spring Session: March 31 – June 8 2025  
Registration required for all programs.

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

**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.

**Zumba:** A fusion of Latin, international and everyday music, this class will have you moving in ways you've never imagined!

## **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 11am-7:30pm

Tuesday/Thursday 12-7:30pm

## **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!