

Spring Youth Schedule

March 31 – June 8 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	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-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		Soccer 4-5y 9:00-9:30am 6-9y 9:35-10:20am 10-12 10:25-11:25am
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	Basketball 6-9y 5:00-5:45pm 10-13y 5:50-6:50pm 6-9y 6:50-7:35pm	Flag Football 10-13y 6:20-7:20pm	Learn to Play Pickleball 9-11y 6:15-7:15pm 12-15y 7:15-8:15pm		Youth Drop Centre 10-18 years 3:30-6:00pm
Judo 6-12y 6:30-7:30pm 13+ 7:30-9:30pm	Confident Girls 6-9y 6:00-6:45pm 10-13y 6:50-7:50pm	Visual Arts 4-5y 5:00-5:30pm 10-13y 5:35-6:20pm 6-9y 6:25-7:10pm			Private Gym Birthday Party Rental (2:45pm-3:45pm)
Swing into Racquet Sports 9-15y 7:15-8:15pm		Judo 6-12y 6:30-7:30pm 13+ 7:30-9:30pm			Parents Night Out 4-12y 4:30-9:00pm (April 22 and May 17)
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.					

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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.

Girls In Action–Multi Sport Members: \$28.25 Non-Members: \$113.00

Empower, play, and grow with Girls in Action! This 10-week program is designed just for girls, offering a fun and supportive space to try a new sport each week. From basketball to soccer, badminton to flag football, participants will develop skills, build confidence, and enjoy gameplay in a positive and inclusive environment. Each session includes skill-building drills, teamwork activities, and exciting gameplay to help girls stay active, make friends, and discover a love for sports. Whether they're trying something new or sharpening their skills, Girls in Action is all about movement, fun, and empowerment! (This program pairs nicely with Confident Girls!)

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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

Explore different techniques and mediums to create your own unique artwork, then showcase your masterpieces in a special gallery event at the end of the session!

Learn to Play Pickleball \$28.25 Non-Members: \$113.00

Learn to Play Pickleball is a fun and engaging program designed for youth to develop fundamental pickleball skills in a supportive environment! Participants will learn the basics of the game, including rules, scoring, paddle techniques, and movement strategies through drills, skill-building activities, and gameplay. Whether they're new to the sport or looking to improve, this program encourages active play, teamwork, and confidence on the court!

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 9-15 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