

Youth Schedule

Fall Session: September 29 – December 7 2025
Registration required for all programs.

Building Hours:
Monday-Friday 5:30am-10:00pm
Saturday 7am-5pm
Sunday 8am-4pm
Statutory Holidays 8-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mini Movers 0m-3y 9-11am		Mini Movers 0m-3y 9-11am		Swing into Racquet Sports 6-9y 9:50-10:30am
					Swing into Racquet Sports 10-12y 10:35-11:35am
Silly Scientists 4-5y 5-5:30pm					Adventures in Cooking 6-9y 11:15am-12:30pm
Silly Scientists 6-9y 5:40-6:20pm	Volleyball 6-9y 5:35-6:20pm	Confident Girls 6-9y 5-5:45pm			Adventures in Cooking 10-12y 1:30-2:45pm
Silly Scientists 10-12y 6:30-7:30pm	Volleyball 10-12y 6:25-7:10pm	Basketball 4-5y 5-5:30pm	Youth Fit 10-12y 5:30-6:30pm		
Soccer 4-5y 5-5:30pm	Arts & Crafts 4-5y 5-5:30pm	Basketball 6-9y 5:35-6:20pm	Youth Fit 10-12y 6:35-7:35pm		
Soccer 6-9y 5:35-6:20pm	Arts & Crafts 6-9y 5:40-6:20pm	Basketball 10-12y 6:25-7:10pm	Dance 4-5y 5-5:30pm	Empowered Girls 13-15y 5:30 – 6:30pm	
Soccer 10-12y 6:25-7:10pm	Arts & Crafts 10-12y 6:30-7:30pm	Zumba All Ages 6:30-7:30pm	Dance 6-9y 5:40-6:20pm	Teen Night 13y+ 5:30 – 7:30pm	

Parents Night Out:

Are you looking to enjoy a night out? Drop your kids off for a fun night at the Y, where they will enjoy activities, swimming, a pizza and pajama party while you get a night out on the town!

September 20, October 25, November 22, December 20

Upcoming Courses:

Babysitting & Home Alone: September 26,
October 20, November 14

705-497-9622 | ymcaneo.ca

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Adventures in Cooking: A fun, hands-on introduction to food, nutrition, and basic kitchen skills. From prepping ingredients to enjoying their final creation, participants will learn how to prepare simple recipes while gaining confidence in the kitchen.

Arts & Crafts: Whether it's making a masterpiece or getting messy with mixed media, participants will enjoy the freedom to create and the joy of bringing their ideas to life.

Basketball: 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.

Confident Girls: A transformative program designed to help young girls build self-esteem, resilience, and a strong sense of self. Blending personal development with physical activity, participants explore empowerment through sports, coaching, and creative expression.

Dance: Participants will explore a variety of dance styles and techniques while building strength, coordination, and confidence. Dancers will learn choreography, practice performance skills, and grow their love for movement in a supportive environment.

Empowered Girls: Designed to help teen girls (ages 13–15), build confidence, mental wellness, and inner strength. Girls will set personal goals, reflect on their values, and develop practical tools to support their well-being. With space to connect, grow, and be themselves, participants will leave feeling more confident and inspired.

Mini Movers: A relaxed, drop-in gym time for families with little ones (0–3 years). Enjoy soft play, music, tumbling, and movement activities at your own pace. Parents can also meet other families and enjoy as much or as little social time as they like while their little ones explore the gym. **Please note:** Parents or caregivers must remain in the program area with their child at all times.

Schedules are subject to change.

Silly Scientists: Inquisitive young scientists will dive into the wonders of science through fun and engaging experiments. Each week explores different themes—sparking creativity, critical thinking, and a love for discovery.

Soccer: Participants build confidence and improve their soccer skills through age-appropriate drills, teamwork, and gameplay. This program creates a supportive environment to learn, move, and grow.

Swing into Racquet Sports: Discover the thrill of squash, badminton, and pickleball. Each week focuses on active play, sportsmanship, and skill development—all in a supportive, high-energy environment.

Volleyball: This program helps participants build skills like serving, passing, and teamwork in a supportive and energetic environment. Whether you're new to the sport or brushing up on basics, it's all about learning, moving, and having fun on the court!

Youth Fit: An engaging introduction to fitness for youth. This program teaches participants how to properly and safely use fitness equipment, proper nutrition, and develop healthy habits for life.

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

Want to put your mind at ease while you take some time for yourself?

CHILDMINDING: (3 mos to 5 yrs)

Monday - Saturday 9am-12pm

Monday - Thursday 4:30-7:30pm

Youth Drop In: (6-9years)

Monday - Thursday 4:30-7:30pm

Saturday 9am-12pm