

Fall Recreation Schedule

September 29, 2025 to December 7, 2025
Registration required for all programs.

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

Shine On

MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
Youth Fit (Half Gym) 10 to 12 yrs 6PM-7PM	Family Gym Drop-In All Ages 10:30am to 12:45pm	Tiny Tumblers (Half Gym) 0 to 3 yrs 4:30PM-5PM		Family Gym Drop-In All Ages 10:30AM to 12:45PM	Family Gym Drop-In All Ages 10:45-12:00PM	Tiny Tumblers (Half Gym) 0 to 3 yrs 9AM-9:30AM	Music & Movement (Studio) 18m to 3 years 9:00AM – 9:30AM
		Rollers & Jumpers 3 to 4 yrs 5:15PM-5:45PM					
Judo (Half Gym) Intermediate 6 to 12 yrs 6:30-7:30PM Adult 13+ yrs 7:30-9:30PM	3 on 3 Flag Football League 10 to 12 yrs & 13 to 15 yrs 6:30PM-7:30PM	Little Gymies 5 to 6 yrs 6PM-6:30PM				Basketball (Full Gym) 6-9 yrs 5:15pm-6:00pm 3 on 3 Basketball League (Full Gym) 10 to 12 yrs & 13 to 15 yrs 6:15PM-7:15PM	Teen Night 4:30-9:15 pm
Ballroom Silver Advanced (Studio) 6:30-8:00pm		Swing into Racquet Sports (Half Gym) 6 to 9 yrs 5:00PM – 5:45pm 10 to 12 yrs & 13-15 yrs 6PM – 7PM		Little Gymies 5 to 6 yrs 10:30- 11AM			
Ballroom Beginner (Studio) 8:00-9:30pm <i>Canceled - Oct 13</i> <i>Rescheduled - Dec 8</i>				Junior Gymies 7 to 8 yrs 11:15AM-12PM			
	Ballroom Intermediate (Studio) 6:30-8:00pm	Confident Girls (Youth A) 6 to 9 yrs & 10 to 12 yrs 5:30PM- 6:15PM		Badminton Drop-in (Half Gym) 10-12 yrs & 13-15 yrs 10:45- 11:30AM 16+ yrs 11:45AM-12:45PM			
	Beginner Judo (Squash Court 3) 6 to 12 yrs 6:30PM-7:15PM				Family Craft Corner (Youth A) Drop-in All Ages 1:15pm - 1:45pm		
		Learn to Play Squash 19+ 7PM to 8PM	Judo (Studio) Intermediate 6 to 12 yrs 6:30PM-7:30PM Adult 13+ yrs 7:30-9:30PM		Private Rental (Studio) 6:30PM - 9:15PM	Silly Scientists (Youth C) 6 to 9 yrs 2:15pm-3pm	
Upcoming Courses - Registration Required Babysitting (11-14yrs) and Home Alone(9-14yrs) Dates: October 20th, 2025 and November 28th, 2025				Parents Night Out - Registration Required 4 to 12 years Dates: Saturday October 18, 2025 and Saturday November 15, 2025			

Schedules are subject to change.

705-674-8315 | ymcaneco.ca

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Babysitting Members: \$56.75 Non-Members: \$72.25

Participants will learn the basics of how to care for, entertain, engage & safely care for young children. This class is designed for youth ages 11-14 years to increase confidence while providing hands on experience with the skills needed to be a babysitter

Home Alone Members: \$56.75 Non-Members: \$72.25

Empower children with the confidence needed to care for themselves when home alone. This class is designed for youth ages 9-14 years to provide the skills needed to look after themselves for short periods of time.

Parents Night-out Members: \$25 Non-Members: \$50

Are you looking to enjoy a night out? Now you can 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! Pick up at 9pm when you're done and your kids are ready for bed. Children attending Parents' Night Out must be potty trained to attend.

Youth Fit Members: \$29 Non-Members: \$116

An engaging introduction to fitness for youth. This program teaches participants how to properly and safely use fitness equipment, fuel their bodies with the right nutrition, and develop healthy habits for life. Sessions include different activities such as H.I.I.T. workouts, yoga, swim fitness classes, sports conditioning training, and more! Youth will finish the program with a solid foundation in fitness and the knowledge to stay active in a safe and effective way.

Beginner Judo Members: \$33 Non-Members: \$132

Beginner judo is designed to offer youths the opportunity to try out this Olympic sport. We will be focusing on the basics including safely learning how to fall, basic tumbling and rolling, introductory pins and throws, all taught in a safe environment with one of our qualified coaches. The goal is to have students progress so they can be eligible to attend our intermediate judo classes where we will teach more advanced techniques.

Intermediate Judo Members: \$66 Non-Members: \$264

Intermediate judo is designed for those who are a yellow belt and above, or have graduated from our beginner program (via communication with the beginner judo coach). Here we will continue to learn throws and pins, work on more advanced tumbling and rolling techniques, and work on advancing our knowledge through teamwork, friendship, and practice. Twice a week.

Adult Judo Members: \$66 Non-Members: \$264

Adult judo is designed for anyone at any fitness level that wishes to try out Judo. Our classes are structured to focus on building from the basics to give everyone a chance at excelling. We will work on our tumbling and rolling, safely learning to fall, and work through our throws, pins, and submissions. Twice a week.

Ballroom Dancing All Levels Members: \$36.50 Non-Members: \$146

Beginners: Participants will be introduced to basic figures of the triple swing, cha-cha, merengue, waltz, and foxtrot.

Intermediate: Participants will expand on the basic figures introduced in the Beginner Ballroom Level 1 course. In Level 2, students build their proficiency in the triple swing, cha-cha, merengue, waltz, and foxtrot. In Level 2, students are also introduced to the Rumba. To register, you must have completed a Beginner Ballroom Level 1 session. Participants must register as a pair as we are unable to accommodate single dancers at this time.

Silver Advanced: Participants must be approved by Lead Instructor.

Ballroom Instructors email: danielk@lloydbusinessit.com, rjmasih@unitz.ca

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3 on 3 Flag Football League Members: \$29 Non-Members: \$116

Looking for a fast-paced, exciting way to develop your football skills? Our 3-on-3 Flag Football League is designed for players ready to grow their game, compete with peers, and have fun in a supportive, team-focused environment. With smaller teams and more chances to handle the ball, participants will build confidence while improving their passing, receiving, and flag-pulling techniques.

Family Gym Drop In Members: \$0.00 & Non-Members Day Pass Fee

Looking for a fun way for your kids to burn off energy? Want to connect with other families in your community? Join us for Family Gym Drop-In—a welcoming space where children can play freely and participate in free play activities while parents and caregivers meet, chat, and build new friendships. It's the perfect blend of active fun and social connection for the whole family!

Please note: Parents or caregivers must always remain in the program area with their child at all times.

Family Craft Corner (NEW Drop-in) Members: \$0.00 & Non-Members Day Pass Fee

Looking to give your children the freedom to be creative without having to deal with a mess in the house? Family Craft Corner offers guided arts and craft sessions designed for the whole family to enjoy together. Step away from your usual routine and dive into a fun, hands-on creative experience where kids and adults can express themselves freely. **Please note:** Parents or caregivers must always remain in the program area with their child at all times.

Music & Movement Members: \$29 Non-Members: \$116

Get ready to sing, shake, and play! This fun-filled music and movement class is designed for young children and their grown-ups to explore rhythm and instruments together. Parent participation required. Let's make music and memories!

Gymnastic Programing Members: \$55 Non-Members: \$220 (*Tiny Tumblers, Rollers & Jumpers, Little Gymies, Junior Gymies*)

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!

Swing Into Racquet Sports Members: \$33 Non-Members: \$132

Discover the thrill of squash, badminton, and pickleball in Swing into Racquet Sports! This program 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!

Learn to play squash 19+ Members: \$33 Non-Members: \$132

This beginner-friendly program introduces participants to the exciting game of squash in a relaxed and supportive environment. Ideal for those curious individuals 19+ to learn about the sport. These sessions offer hands-on coaching, practice opportunities to learn the rules of the game, mechanics, proper footwork to avoid injuries, basic strategy and, game etiquette regarding the game and have fun.

Badminton Members: \$29 Non-Members: \$116

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.

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Confident Girls Members: \$33 Non-Members: \$132

A supportive and uplifting program for teen girls, designed to build self-confidence, mental wellness, and inner strength. Through guided conversations, mindfulness, creative expression, and gentle movement like yoga, participants will explore what it means to feel strong, grounded, and resilient in today's world. 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.

Silly Scientists Members: \$55 Non-Members: \$220

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.

Adventures In Cooking Members: \$60.50 Non-Members: \$242

An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes. Children will learn how to help with cooking and get to enjoy their final product.

Basketball Members: \$29 Non-Members: \$116

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.

3 on 3 Basketball League Members: \$29 Non-Members: \$116

Looking for a fast-paced, exciting way to develop your basketball skills? Our 3-on-3 Basketball League is designed specifically for players who are ready to grow their game, compete with peers, and have fun in a supportive team environment.

CHILD & YOUTH DROP-IN AND YOUTH CENTER

Drop the kids off and enjoy some YOU time in the YMCA:

Child & Youth Drop-in (Ages 3m-12yrs)

AM - Monday to Saturday 8am-12pm

PM - Monday to Thursday 4:30pm-8:30pm

* Please ensure your child is an active member of the YMCA and has been pre-registered for this service.

Youth Centre (10-18yrs)

PM - Monday to Friday 4:30pm-9pm

To help minimize the spread of infection, we kindly ask that if your child is unable to attend school or daycare due to fever or illness, they do not attend our drop-in program. Thank you for your understanding.