

# Winter Recreation Schedule

January 5, 2026 to March 15, 2026  
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
<b>Soccer (Half Gym)</b>  <b>18 months to 3 yrs</b> 4:30PM-5PM <b>4 to 5 yrs</b> 5:05PM to 5:35pm <b>6 to 9 yrs &amp; 10 to 12 yrs</b> 5:40pm to 6:25pm	<b>3 on 3 Flag Football</b> (Full Gym)  <b>6 to 9 yrs &amp; 10 to 12 yrs</b> 4:30pm-5:15PM <b>13 to 15 yrs</b> 5:20PM-6:20PM <b>16 to 18 yrs</b>  6:30pm-7:30pm	<b>Floor Hockey (Half)</b>  <b>4-5 yrs</b> 5:25pm-5:55pm <b>6-9 yrs</b> 6pm – 6:45pm <b>10 to 12 yrs</b> 6:50pm-7:35pm		<b>Family Drop-In (Half Gym)</b>  10:30am-12:45pm	<b>Adventures in Cooking</b>  (Youth C) <b>6 to 9 yrs</b>  4:45pm-5:30pm  <b>10 to 12 yrs</b>  5:45pm - 6:45pm	<b>Tiny Tumblers</b> (Half Gym)  <b>0 to 3 yrs</b> 9AM-9:30AM  <b>Rollers &amp; Jumpers</b>  <b>3 to 4 yrs</b> 9:35-10:05AM <b>Little Gymies 5 to 6 yrs</b> 10:10-10:40am <b>Junior Gymies 7 to 8 yrs</b> 10:50am-11:20am <b>Senior Gymies 9-12 yrs</b>  11:30-12:15	<b>Active Play</b> (Half Gym)  <b>18 m to 3 yrs &amp; 4 to 5 yrs</b>  10am-10:30am
				<b>Arts &amp; crafts</b> (Youth A) <b>6-9 yrs &amp; 10 to 12 yrs</b>  6:45pm-7:30pm		<b>Ballroom Intermediate</b>  (Studio) 6:30-8:00pm	<b>3 on 3 Basketball</b>  (Full Gym)  <b>10 to 12 yrs</b> 5:50pm-6:50pm <b>13 to 15 yrs</b> 7pm-8pm
	<b>Judo (Half Gym) Intermediate</b> <b>6 to 12 yrs</b> 6:30-7:30PM <b>Adult 13+ yrs</b> 7:30-9:30PM	<b>Beginner Judo</b> (Squash Court 1) <b>6 to 12 yrs</b> 6:30PM-7:15PM	<b>Learn to Play Squash</b>  (Court 1) <b>Ages 18+</b> 6PM-7PM  (Courts 2 & 3)  <b>10 to 12 yrs</b> 6pm-6:45pm <b>6 to 9 yrs</b> 6:50pm-:35pm <b>13-15 yrs</b> 7-8pm	<b>Teen Night</b>  <b>4:30-9:15 pm</b>			
	<b>Ballroom Silver Advanced</b> (Studio) 6:30-8:00pm <b>Ballroom Beginner</b> (Studio) 8:00-9:30pm		<b>Confident Girls</b> (Youth B) <b>6 to 9 yrs &amp; 10 to 12 yrs</b> 4:30pm-5:15pm <b>13 to 15 yrs</b>  5:20PM-6:20PM				
		<b>Family Drop-In</b> (Half Gym)  6:30pm-7:30pm					
		<b>Judo (Studio) Intermediate</b> <b>6 to 12 yrs</b> 6:30PM-7:30PM <b>Adult 13+ yrs</b> 7:30-9:30PM					
<b>Upcoming Courses - Registration Required</b> Babysitting (11-14yrs) and Home Alone(9-14yrs) Dates: January 30 and February 27				<b>Parents Night Out - Registration Required</b> 4 to 12 years Dates: Saturday January 24 and Saturday February 21			

Schedules are subject to change.

705-674-8315 | ymcaneo.ca

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**Soccer** Members: \$29.00 Non-Members: \$116.00

Experience an action-packed way to learn the game of soccer with the YMCA! Through skill-focused drills, children develop key techniques such as passing, shooting, and ball control, while also learning teamwork and sportsmanship. Session focused on structured practice, helping kids apply their skills while staying active, building confidence, and enjoying the excitement of soccer.

**Arts and Crafts** Members: \$55.00 Non-Members: \$220.00

Spark your imagination and creativity. Build beauty with various mediums and materials. Participants will have a masterpiece to take home after the program.

**Beginner Judo** Members: \$33.00 Non-Members: \$132.00

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: \$66.00 Non-Members: \$264.00

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: \$66.00 Non-Members: \$264.00

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: \$44.00 Non-Members: \$176.00

**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:** [rjmasih@unitz.ca](mailto:rjmasih@unitz.ca), [danielk@lloydbusinessit.com](mailto:danielk@lloydbusinessit.com)

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## **3 on 3 Flag Football** Members: \$29.00 Non-Members: \$116.00

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.

## **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.

## **Floor Hockey** Members: \$29.00 Non-Members: \$116.00

Join the fun with the YMCA Floor Hockey Program, where children develop essential skills through hands-on, drill-focused learning. Participants practice stick handling, passing, and shooting through structured drills and then apply their skills in guided gameplay. This program emphasizes teamwork, sportsmanship, and skill mastery, helping kids build confidence, stay active, and enjoy learning floor hockey in a positive and encouraging environment.

## **Learn to play Squash** Members: \$55.00 Non-Members: \$220.00

This beginner-friendly program introduces participants to the exciting game of squash in a relaxed and supportive environment. Ideal for those curious 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.

## **Confident Girls** Members: \$33.00 Non-Members: \$132.00

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.

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## **Tumbling Programing** Members: \$55.00 Non-Members: \$220.00

*(Tiny Tumblers, Rollers & Jumpers, Little Gymies, and 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!

## **Basketball** Members: \$29.00 Non-Members: \$116.00

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.

## **3 on 3 Basketball League** Members: \$29.00 Non-Members: \$116.00

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.

## **Adventures In Cooking** Members: \$55.00 Non-Members: \$220.00

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.

## **Silly Scientists** Members: \$55.00 Non-Members: \$220.00

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.

## **Caribbean Rhythms** \$44.00 Non-Members: \$176.00

Experience the vibrant energy of Latin America through a fusion of rhythms born in Colombia and enriched by the meeting of cultures from around the world. This dance journey will explore cumbia, salsa, merengue, bachata, and champeta—styles that have spread across Latin America and beyond, uniting people through movement. Each class blends dance, music, and cultural storytelling, creating an uplifting space for connection and self-expression. Designed for all levels, the focus is on fun, freedom, and fitness—no previous dance experience needed. Just bring comfortable clothing, a love for music, and the energy to move to the beat.

## **Youth Fit** Members: \$29.00 Non-Members: \$116.0

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.

## **Active Play** Members: \$29.00 Non-Members: \$116.00

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!

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**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.

**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.

## **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 Friday 8:30am-12:30pm

**PM** - Monday to Thursday 4:15pm-7:45pm

\* 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.