

# Youth Schedule

Winter Session: January 5 – March 15, 2026  
Registration required for all programs.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Learn to Play Squash 6-9y 9:35-10:20am		Mini Movers 0m-3y 9-11am		Mini Movers 0m-3y 9-11am		Gym Ringette 4-5y 9-9:30am
Learn to Play Squash 10-12y 10:25-11:25am						Gym Ringette 6-9y 9:35-10:20am
Learn to Play Squash 13-15y 11:30am-12:30pm						Gym Ringette 10-12y 10:25-11:25am
Learn to Play Squash 16+ 12:35-1:35pm						Adventures in Cooking 6-9y 9:30am-10:45am
	Silly Scientists 4-5y 5-5:30pm	Volleyball 4-5y 5-5:30pm	Confident Girls 6-9y 5-5:45pm	Youth Fit 10-12y 5:30-6:30pm		Adventures in Cooking 10-12y 11:15am-12:30pm
	Silly Scientists 6-9y 5:40-6:20pm	Volleyball 6-9y 5:35-6:20pm	Confident Girls 10-12y 6-6:45pm	Driven Boys 6-9y 5-5:55pm		Adventures in Cooking 13-15y 1:15-2:30pm
	Silly Scientists 10-12y 6:30-7:30pm	Volleyball 10-12y 6:25-7:10pm	Basketball 4-5y 5-5:30pm	Driven Boys 10-12y 6-6:55pm		
	Soccer 4-5y 5-5:30pm	Arts & Crafts 4-5y 5-5:30pm	Basketball 6-9y 5:35-6:20pm	Dance 4-5y 5-5:30pm		
	Soccer 6-9y 5:35-6:20pm	Arts & Crafts 6-9y 5:40-6:20pm	Basketball 10-12y 6:25-7:10pm	Dance 6-9y 5:40-6:20pm	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 10-12y 6:30-7:30pm	Teen Night 13y+ 4-9pm	

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: (6-9yrs)**

Monday - Thursday 4:30-7:30pm  
Saturday 9am-12pm

\*Registration required prior to drop off

\*Please note that these services are available for a maximum 2 hour time block per registrant

**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, and a pizza & pajama party while you get a night out on the town!

January 24, February 28

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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 getting messy with mixed media or making a masterpiece, 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 physical activity, mentoring, 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.

**Driven Boys:** A transformative program designed to help young boys build confidence, character, and a strong sense of self. From movement and mindfulness to mentorship and motivation, this program empowers boys to discover their strengths, build meaningful connections, and leave inspired!

**Empowered Girls:** A program where 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!

**Learn to Play Squash:** Participants will be introduced to the game of Squash in a relaxed and supportive environment. Ideal for those curious to learn about the sport, these sessions offer hands-on coaching, basic strategy, gameplay, and loads of fun!

**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 space. **Please note:** Parents or caregivers must remain in the program area at all times.

**Gym Ringette:** In partnership with the West Ferris Ringette Association, join us for a fun and fast-paced introduction to **Gym Ringette!** This program focuses on teamwork, skill-building, and having a great time while staying active. Participants will learn the fundamentals of game play, make new friends, and enjoy a great team sport through supportive coaching. All skill levels are welcome!

**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.

**Volleyball:** This program helps participants build skills like serving 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.