

Youth Schedule

Spring Session: April 6 – June 14, 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 10:00-10:45am		Move & Splash (Gym & Swim for Tots) 18m-3y 9:30-11am		Move & Splash (Gym & Swim for Tots) 0m-18m 9:30-11am		Badminton 6-9y 9-9:45am
Learn to Play Squash 10-12y 10:50-11:35am						Badminton 10-12y 9:50-10:35am
Learn to Play Squash 13-15y 11:50am-12:50pm						Badminton 13-15y 10:50-11:50am
Learn to Play Squash 16+ 12:55-1:55pm						Badminton 16+ 11:55am-12:55pm
		Youth Fit 10-12y 5:30-6:30pm				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 5-6pm	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 6-7pm	Driven Boys 6-9y 5-6pm		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 6-7pm		
	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	

Note: All youth programs are structured by age group, with activities tailored to each developmental level.

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

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!

March 28, April 25, May 23, June 20

Schedule is subject to change.

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 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.

Badminton: Serve up some fun! This engaging introduction to badminton promotes teamwork, coordination, and skill development in a positive, supportive setting. With enthusiastic coaching and dynamic activities, participants will gain confidence on the court and spark a lasting love for the sport.

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.

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!

Move & Splash: A fun combination of active play and water exploration! Participants begin with movement and play in the gym to build coordination and confidence, then transition to the pool for a caregiver-assisted swim focused on water comfort, songs, games, and early aquatic skills. **Please note:** Adults must remain in the program areas at all times.

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.

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