

Spring Recreation Schedule

April 6 – June 14, 2026

Registration required for all programs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active Play (1/2 gym)– 18 months-3 yrs 4:30pm- 5pm 4 yrs-5yrs 5:05-5:35pm	Ballroom Intermediate Studio 6:30-8:00pm	Y Fitness Fundamentals (Group personal Training) Fitness Floor Ages 40+ 11:30am-12:15 pm	Jr. Leaders In Training (JLT) Harmony Room 10-12 years 6:00pm-7:30 pm	Adventures In Cooking Youth C 6yrs -9 yrs 4:45-5:45 pm 10yrs-12 yrs 6:00pm-7:00pm	(Half Gym) Tiny Tumblers 1yr -3 yrs 9:00 -9:30am Rollers & Jumpers 3 yrs- 4yrs 9:35-10:05am Little Gymies 5 yrs-6 yrs 10:10-10:40am Junior Gymies 7 yrs-8yrs 10:50-11:20am Senior Gymies 9 yrs - 12 yrs 11:30-12:15pm	Active Play (1/2 gym) 18 months-3 yrs & 4 yrs-5yrs 10:30-11:00am
All sorts of sports (1/2 gym) 6yrs- 9 yrs 5:40-6:25pm 10 yrs – 12yrs 6 :30-7:15pm	Basketball (Full Gym) 6 yrs-9 yrs 4:45-5:30pm	Swing into Racket Sports (Full Gym) 6yrs-9yrs 5:00-5:45pm	Arts & Craft (Youth A) 6yrs-9 yrs & 10yrs-12yrs 5:00pm – 5:45 pm			Adventures in Cooking Youth C 6yrs -9 yrs 4:45-5:45 pm 10yrs-12 yrs 6:00pm-7:00pm
Flow and Fit (Studio/Harmony Rm) 10 yrs – 12 years 6:30pm-8:00pm 13yrs-15yrs 7:05pm – 8:35 pm	3 on 3 Basketball (Full Gym) 10 yrs – 12 yrs 5:35-6:35pm	Learn to play Pickleball YOUTH (Full Gym) 10-12 & 13-15 6:00-6:45pm	Caribbean Rhythms Dance Class (Full Gym) Experience Members Only Ages 16+ 6:30-7:30pm	Teen Night 4:40pm-9:15pm	Sudbury Symphony Guitar (Harmony Room) 10-12 yrs 12:30-1:15pm	
Judo (Half gym) Intermediate 6yrs-12yrs 6:30-7:30pm Adult 13+ 7:30-9:30pm	Y Strong (group personal training) Ages 19-30 Fundamental stream 5:30-6:15pm Progress Stream 6:30-7:15 pm	Learn to Play Squash YOUTH 10-12 & 13-15 7:00-7:45pm Learn to Play Squash 18+ 6:00pm-7:00pm	Adult Drop in Pickleball (half Gym) 7:45-9:15pm			Teen Night 4:40pm-9:15pm
Ballroom Silver (Studio) Advanced 6:30-8:00pm Beginner 8:00-9:30pm	Beginner Judo (Half gym) 6 yrs – 12 years 7:00-7:45pm Adult Drop in Pickleball Half court 6:45-7:45pm Full Court 8:00-9:15pm	Learn to Play Squash YOUTH 10-12 & 13-15 7:00-7:45pm Learn to Play Squash 18+ 6:00pm-7:00pm	Adult Drop in Pickleball (half Gym) 7:45-9:15pm	Teen Night 4:40pm-9:15pm	Sudbury Symphony Guitar (Harmony Room) 10-12 yrs 12:30-1:15pm	
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Upcoming Courses - Registration Required

Babysitting (11-14yrs) and Home Alone (9 – 14 years)

Date: June 5, 2026

Parents Night Out – Registration Required

4 – 12 years

Dates: Saturday April 25th, May 30th, June 20th

Adult Judo Members (13+) \$66.00 Non-Members \$264.00

Maximum registration: 20

Adult judo is designed for anyone at any fitness level what 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 throughout throws, pins and submissions
Twice a Week

Beginner Judo (6-12): Members \$33.00 Non-members \$132.00

Maximum registration: 25

Beginner judo is designed to offer youths the opportunity to try out this Olympic sport. The focus remains on the basics including safety learning 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 the intermediate class where we teach more advanced techniques. One day a week

Intermediate Judo: Members \$66.00 Non-members \$264.00

Maximum registration: 25

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

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

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!

Adventures In Cooking Members: \$60.50 Non-Members: \$242.00

Maximum registration: 15

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: \$29.00 Non-Members: \$116.00

Maximum Registration: 20

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

Maximum registration: 24

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.

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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, danielk@lloydbusinessit.com

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

Maximum registration: 20

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

Maximum registration: 20

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

Maximum registration: 30

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.

Fuel and Flow: NEW PROGRAM

Members: \$80.00 Non-members \$325.00

Maximum registration: 15

A NEW high-energy program blending the YMCA Youth Fit curriculum with Adventures in Cooking—bringing together our certified personal training team and experienced youth & recreation staff for an experience that's active, hands-on, and deliciously fun. Designed for ages 9-15, each 1 ½ hour session pairs a structured workout focused on a core fitness component with a simple, tasty recipe that teaches healthy eating and supports Ontario Public Health's wellness priorities. Participants build confidence, learn how to fuel their bodies, and develop positive lifestyle habits that last. By the end of the program, youth earn their "Smart start" and gain practical skills they can use at home, and in everyday life.

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!

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Junior Leaders In Training: **NEW PROGRAM**

Members: \$125.00 Non-members: \$345.00

Maximum registration: 20

Embark on an enriching journey with our Junior Leadership in Training (JLIT) program—a transformative 10-week experience designed to help young participants build confidence, independence, and essential life skills. Tailored specifically for youth ages 10–12, this program blends hands-on learning with active, skill-building fun.

Throughout the session, JLIT participants explore key leadership foundations through: Teamwork & Collaboration – learning how to work effectively with peers; Problem-Solving – tackling challenges through creative thinking and group activities; Communication Skills – practicing clear, confident communication in a supportive setting; Program Planning – gaining early experience in organizing simple activities and contributing ideas and Personal Development – building self-awareness, responsibility, and growing their confidence

Guided by experienced mentors, campers learn by doing—engaging in skill-based activities, leadership games, and real-world scenarios that help them understand what it means to be a positive role model.

By the end of the session, participants will have received a home alone certification and will be fully prepared to embark on our LIT course – the next progression in their leadership journey

Child & Youth Drop In and Youth Centre

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

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

AM – Monday to Friday 9:30am-12:30pm

PM: Monday to Thursday 4:30pm - 7:45pm

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

Youth Center (10yrs-18yrs)

PM – Monday to Friday 4:30pm-9:30pm

Swing Into Racquet Sports **\$33.00 Non-Members: \$132.00**

Maximum registration: 12

Discover the thrill of squash, badminton, and pickleball in Swing into Racquet Sports! This 10-week program for ages 9-15 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 Pickleball **\$33.00 Non-Members: \$132.00**

Maximum registration – 12 (Youth)

Learn to Play Pickleball is a fun and engaging program designed for youth to develop fundamental pickleball skills in a supportive environment! Participants will learn the basics of the game, including rules, scoring, paddle techniques, and movement strategies through drills, skill-building activities, and gameplay. Whether they're new to the sport or looking to improve, this program encourages active play, teamwork, and confidence on the court!

Learn to play Squash **Members: \$55.00 Non-Members: \$220.00 (Youth and Adult)**

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.



Shine On

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Y-Strong Foundations & Progress - Group Personal Training (19–30yrs)

Program Length – 8 weeks (19-30yrs)

Members: \$160.00 Non-Members: \$375.00

Maximum Registration 6

Y-Strong Foundations & Progress is an 8-week small group personal training program designed for adults 19+ who want structured guidance, accountability, and confidence in the gym.

This program bridges the gap between individual personal training and large group fitness classes. Participants receive personalized coaching in a supportive small-group environment while benefiting from the motivation and affordability of training alongside others.

Foundations Stream (beginner Little to no fitness experience)

Start Strong. Move Well. Build Confidence.

Perfect for beginners or those returning to exercise, the Foundations stream focuses on proper technique, safe movement patterns, and creating consistent, sustainable habits. This stream is all about learning the basics, building confidence, and setting a strong foundation for long-term success.

Progress Stream (Intermediate 1- 2 years of fitness experience)

Level Up Your Training. Push Further. Perform Better.

Designed for individuals with prior fitness experience, the Progress stream increases intensity while challenging strength, endurance, and overall performance. This stream is ideal for those ready to push past the basics and continue progressing toward their fitness goals

Each session is professionally coached, progressive, and adaptable to ensure participants feel challenged without feeling overwhelmed

Y Fitness Fundamentals - Group Personal Training (40+)

Program Length - 8 weeks

Minimum 4 participants Maximum 6 participants

Price: Members: \$160: Non members: \$375.00

Build Confidence. Learn the Basics. Train with Purpose.

Ready to feel comfortable and confident in the wellness center? This 8-week, small-group training experience is designed specifically for those who want structured guidance and real results.

During 8 progressive sessions, you'll learn how to safely use cardio and strength equipment, master foundational movements like squats and deadlifts, explore TRX and stability ball training, and understand how to properly engage your muscles for maximum benefit.

This program isn't just about intensity — it's about intention. You'll focus on proper form, stability, mobility, and building full-body strength in a supportive, coached environment.

By the end of the program, you won't just know what to do — you'll know *why* you're doing it and how to continue confidently on your own.

- ✓ Learn proper technique
- ✓ Improve strength and mobility
- ✓ Discover equipment you may have been unsure about
- ✓ Gain confidence in your workouts
- ✓ Train in a supportive small group setting

Perfect for anyone wanting to strengthen their foundation of training knowledge.

705-674-8315 | ymcaneo.ca

Schedules are subject to change.