

Fall Recreation Schedule

September 28, 2026 – December 6, 2026

Registration required for all programs.

Building Hours:

Monday - Friday 5:30am-9:30pm

Saturday & Sunday 8am-6pm

Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Active Play (Half Gym) 4-5yrs 4:30pm – 5:00pm	Krafty Kids MPR 4-5yrs 5:30pm-6pm	Volleyball Full Gym 6 to 9 years old 5:30pm-6:15pm Volleyball Full Gym 10 to 12 years old 6:20pm-7:20pm	Basketball (Full Gym) 6-9 yrs 5:30pm-6:15pm	Teen Night 4:30-9:15 pm	Tiny Tumblers (Half Gym) 18mths- 3 yrs 9AM-9:30AM Rollers & Jumpers 3 - 4 yrs 9:35-10:05AM Little Gymies 5 -6 yrs 10:10-10:40am Junior Gymies 7 -8 yrs 10:50am-11:20am Senior Gymies 9-12 yrs 11:30-12:15	
All Sorts of Sports Half Gym 6 to 9 yrs 5:15PM- 5:55pm 10 to 12 yrs 6pm- 6:45pm	Confident Girls Harmony Room 6-9yrs 6pm-6:45pm 10-12 yrs 6:50pm-7:45pm Driven Boys Youth Room 6-9yrs 6:15pm-7pm		3 on 3 Basketball (Full Gym) 10-12 yrs 6:20pm-7:20pm		Adventures in Cooking Harmony Room 6 – 9 yrs 11am-12pm 10 to 12 yrs 12:30pm-1:30pm	
Judo (Half Gym) Intermediate 6 -12 yrs 6:30-7:30PM Adult 13+ yrs 7:30-9PM	Ballroom Intermediate (Studio) 6:30pm-8:00pm Practice Time 8:00pm-9:30pm		Judo (Studio) Intermediate 6 -12 yrs 6:30PM-7:30PM		3 on 3 Basketball 13-15yrs 7:30pm-9:15pm DROP IN	
Fuel and Flow Fitness floor and Harmony Room 10-12yrs 7pm-7:45pm	Beginner Judo (half gym) 6 -12 yrs 7pm-7:45pm	Adult Judo (Studio) 13+ 7:30pm-9pm				
Ballroom Silver Advanced (Studio) 6:30pm-8:00pm Ballroom Beginner (Studio) 8:00pm-9:30pm						
<u>Parents Night Out - Registration Required</u> 4 to 12 years Dates: Saturday October 24 and Saturday November 21						

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Active Play Members: \$29 Non-Members: \$116

Active Play is a dynamic program focused on cultivating physical literacy and introducing a variety of sports, games, and movement forms. Join us for an exhilarating journey where participants enhance fitness, develop fundamental movement skills, and ignite a lifelong passion for staying active.

All Sorts of Sports Members: \$29 Non-Members: \$116

A great way to develop the fundamental skills for all sports. Our focus on developing physical literacy will help develop competent and confident athletes who love to be active.

Krafty Kids Members: \$55 Non-Members: \$220

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: \$55 Non-Members: \$220

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: \$61.28 Non-Members: \$245.10

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: \$61.28 Non-Members: \$245.10

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: rjmasih@unitz.ca,
danielk@lloydbusinessit.com

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.

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.

Fuel and Flow Members: \$60.50 Non-Members: \$242

A 10 week program that blends the YMCA Youth Fit curriculum with Adventures in Cooking—bringing our fitness and youth recreation teams together for one energetic, hands on experience. Designed for ages 10–12 and 13–15, this program helps youth stay active, learn basic nutrition skills, and build healthy habits in a fun, supportive environment.

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 Drop In

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.

Driven Boys Members: \$33 Non-Members: \$132

A powerful program designed to help young boys (ages 6-9) build confidence, character, and leadership through sport and self-development. With dynamic coaching, team challenges, and goal-setting activities, participants will develop athletic skills, mental resilience, and a stronger 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 to lead with purpose.

Tumbling Programing Members: \$55 Non-Members: \$220

(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!

Y Dance Members: \$33 Non-Members: \$132

Y Dance is a fun and inclusive program that introduces children and youth to a variety of dance styles, helping them build confidence, coordination, creativity, and self-expression through movement. Participants will learn new skills, work on group routines, and celebrate their progress with a special recital for family and friends at the end the session

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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.

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 8:15am-1pm

PM - Monday to Thursday 4pm-7pm

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

Youth Centre (10-17yrs)

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