

Youth Schedule

Fall Session: September 28-December 6
Registration required for all programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Move and Splash 18-36m 9:30am-11am		Move and Splash 0-18m 9:30am-11am		Adventures in Cooking 6-9y 9:30am-10:45am
	Move and Splash 0-18m 10:30am-12pm		Move and Splash 18-36m 10:30am-12pm		Adventures in Cooking 10-12y 11:15am-12:30pm
					Adventures in Cooking 13-15y 1:15-2:30pm
		Basketball 4-5y 5-5:30pm			
	Youth Fit 10-14y 5:30-6:15pm	Basketball 6-9y 5:35-6:20pm			
Basketball 4-5y 5-5:30pm	Soccer 4-5y 5-5:30pm	Basketball 10-12y 6:25-7:10pm	Youth Fit 10-14y 5:30-6:15pm		
Basketball 6-9y 5:35-6:20pm	Soccer 6-9y 5:35-6:20pm	Confident Girls 6-9y 5-5:45pm	Youth Fit 10-14y 6:20-7:05pm		
Basketball 10-12y 6:25-7:10pm	Soccer 10-12y 6:25-7:10pm	Confident Girls 10-12y 5:55-6:40pm	Krafty Kids 4-5y 5-5:30pm		
Squash: Level 1 6-10y 5:30-6pm	Silly Scientists 4-5y 5-5:30pm	Squash: Level 1 11-14y 5:30-6pm	Krafty Kids 6-9y 5:40-6:20pm		
Squash: Level 2 6-10y 6:10-6:50pm	Silly Scientists 6-9y 5:40-6:20pm	Squash: Level 2 11-14y 6:10-6:50pm	Arts & Crafts 10-12y 6:30-7:15pm		
Squash: Level 1 15-18y 7-7:45pm	Silly Scientists 10-12y 6:30-7:15pm	Squash: Level 2 15-18y 7:00-7:45		Teen Night 13y+ 4-9pm	

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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.

Arts and Crafts or 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.

Basketball Members: \$29 Non-Members: \$116

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.

Confident Girls Members: \$33 Non-Members: \$132

A supportive and uplifting program for girls, designed to build self-confidence, mental wellness, and inner strength. Through guided conversations, mindfulness, creative expression, and exercise, 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.

Squash Members: \$29 Non-Members: \$116

A welcoming program for youth ages 6–18 of all skill levels. Whether they're new to squash or looking to build on their experience, participants will learn the fundamentals, develop their skills, stay active, and enjoy the game in a supportive environment. **Two levels are offered:** Level 1 for beginners and those building foundational skills, and Level 2 for players with some experience who want to build confidence, improve their skills, and develop their gameplay.

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

**Registration required prior to drop off*

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

Move & Splash Members: \$60 Non-Members: \$225

Designed for families with young children ages 0–3, this registered program combines the fun of Mini Movers with a caregiver-assisted Splashers and Bubbblers swim lesson. Families begin in our play zone for tumbling, and guided movement activities that help little ones build coordination, balance, and confidence. After movement time, families transition to the pool for instructed swim lessons, where children build comfort and familiarity in the water through songs, games, and gentle movement. **Caregivers must remain with their child throughout the entire program.**

Soccer Members: \$29 Non-Members: \$116

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.

Silly Scientists Members: \$55 Non-Members: \$220

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.

Youth Fit Members: \$29 Non-Members: \$116

An introduction to fitness designed to guide and empower youth ages 10–14 to exercise safely, effectively, and with confidence. Throughout the program, participants will work out in the YMCA Fitness Centre while learning how to properly and safely use a variety of fitness equipment, perform age-appropriate exercises, and understand the basics of nutrition and how to fuel their bodies for activity. **Youth who successfully complete the program will be able to use the YMCA Fitness Centre independently**, giving them the skills and knowledge to continue building healthy, active habits on their own.

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!

October 26, November 21, and December 5