

Teen Programs

PROGRAM DESCRIPTIONS

Can I use the Fitness Centre?

YES! Take our Teen Speed and Teen Strength
This is Free to members. Registration required.

-or-

Fast Track. Pair up with a YMCA Trainer to work one-on-one over four one hour sessions for a quick and easy Fitness Centre access.

Ages: 13 – 17

Members Only: \$70.00

Teen Speed

Teens who wish to use the cardio equipment in the fitness centre must complete the Teen Speed Course. These sessions will help young teens become familiar with the safety and proper use of the Fitness Centre cardiovascular equipment.

Ages: 13-15 years

Teen Strength

This program covers the basics of strength training. Strength training builds strong bones and muscles, helps shed a few pounds and build self-confidence. It may also reduce the incidence of sports related injuries and is one solution to reducing obesity among youth. Participants will learn about the safe and effective use of the Fitness Centre equipment and will then be able to continue to workout on their own.

Ages: 13-15 years

PROGRAM SCHEDULES

TUESDAY

Teen Speed (Coed)

4:00-5:00pm

13 - 15 years

Jan. 6 - Jan. 27

Apr. 7 - Apr. 28

June 2 - June 23

Teen Strength (Coed)

5:00-6:00pm

13 - 14 years

Feb. 3 - Feb. 24

May 5 - May 26

June 2 - June 23

*these dates are for both Coed classes

THURSDAY

Teen Speed (Girls Only)

4:00-5:00pm

13 - 15 years

Jan. 7 - Jan. 28

Apr. 8 - Apr. 29

June 3 - June 24

Teen Strength (Girls Only)

5:00-6:00pm

13 - 15 years

Feb. 4 - Feb. 25

May 6 - May 27

June 3 - June 24

*these dates are for both Girls classes

Leaders In Training & Teen Leader Corps:

The Leaders in Training & Teen Leader Corps programs are leadership development programs for teens interested in developing leadership skills through information session, hands on leadership opportunities, and certification opportunities. A weekly volunteer commitment is required for further learning. Come meet new friends and be part of this exciting group at the YMCA.

L.I.T (Ages 12-14yrs) Thursday 6 - 7pm

T.L.C (Ages 15-17yrs) Thursday 7 - 8pm

TEEN NIGHT

Members ages 13-17 years can take part in a variety of activities such as swimming, basketball, ping-pong, pool, volleyball and our newest addition Dance Dance Revolution.

Fridays: 6:30-10:00pm Jan. 23, Feb. 20, Apr. 24, May 22, Jun. 26

Included in your membership, you can bring friends to this program for \$5.50.



SPECIALTY PROGRAMS

On My Own: (Ages 10-13)

This is a program that prepares pre teens for the responsibility of staying at home alone. Your child will gain self-confidence; learn how to conduct a home safety check and earn your Basic First Aid certificate.

Wednesday: 6:00-8:00pm Apr. 8 - May 20

Members: \$45.00 per session

Non-members: \$75.00 per session

Babysitting Course: (Ages 11-14)

A seven-week course to learn the basic skills and knowledge to care for young children. Earn your Basic First Aid and CPR Level C and basic first aid certificates. This course will also provide hands on experience supervising children within our Parents Night Out program. 100% course attendance is required.

Tuesday: 6:00-8:00pm Jan. 13 - Feb. 24

Members: \$45.00 per session

Non-members: \$75.00 per session