

**North Bay
YMCA**
Children's Programs
January 8 - April 1, 2018

Ages 12-36 months

Parent Involvement - Parents must stay and participate with children.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10:00 – 10:45 Gymnastics*			10:00 – 10:45 Gymnastics*
			11:00 – 11:45 Gymnastics*			11:00 – 11:45 Gymnastics*
						12:00 – 12:45 Gymnastics*
			4:00 – 4:45 Gymnastics*	4:00 – 4:45 Gymnastics*		
			5:00 – 5:45 Gymnastics*			

Ages 3-5 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 – 10:30 Kinder Kids*		9:30 – 10:30 Kinder Kids*				
			10:00 – 10:45 Gymnastics* (Ages 3-4)		10:00 – 10:30 Music and Movement*	10:00 – 10:45 Gymnastics* (Ages 3-4)
			11:00 – 11:45 Gymnastics* (Ages 3-4)		10:30 – 11:00 Zumba Kids Jr.* (Ages 4-6)	11:00 – 11:45 Gymnastics* (Ages 3-4)
			4:00 – 4:45 Gymnastics* (Ages 3-4)	4:00 – 4:45 Gymnastics* (Ages 3-4)	10:30 – 12:30 Gym and Swim*	12:00 – 12:45 Gymnastics* (Ages 3-4)
	5:15 – 6:00 Family Zumba*		5:00 – 5:45 Gymnastics* (Ages 3-4)			

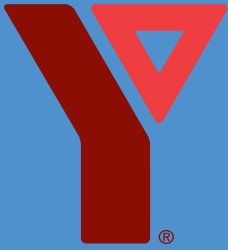
■ New Class * Registration Required

Child Minding: This complimentary service is offered to our members to provide caregivers the opportunity to drop off a child for supervised fun and games. Children ages 6 months to 6 years are welcome. Maximum time of 90 minutes. Caregivers must remain at the YMCA.

Monday – Friday 9:00 – 1:00pm • Saturday – Sunday 9:00 – 12:00pm • Monday – Thursday 5:00 – 7:30pm

Parent Involvement: Parents of children ages 3-9 years can sign children in at an activity but must stay in the building.

Why not take some time for yourself? Did you know the YMCA offers personal training? See Membership Services for more information!



North Bay YMCA Children's Programs January 8 - April 1, 2018

Ages 5-8 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 – 5:30 Y Active Kids		4:45 – 5:30 Y Active Kids	4:00 – 4:55 Gymnastics* (Ages 5-6)		10:30 – 12:30 Gym and Swim*	
5:30 – 6:15 Ontario Basketball Association Hoops and Spikes*	5:15 – 6:00 Family Zumba*	5:30 – 6:30 Dodgeball	5:00 – 5:55 Gymnastics* (Ages 5-6)	5:00 – 5:55 Gymnastics* (Ages 5-6)	11:00 – 12:00 Zumba Kids* (Ages 7-12)	11:00 – 11:45 Gymnastics* (Ages 5-6)
	6:00 – 7:00 Soccer		6:00 – 6:55 Gymnastics* (Ages 5-6)			12:00 – 12:45 Gymnastics* (Ages 5-6)

Ages 9-12 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 – 5:30pm Y Active Kids	5:15 – 6:00 Family Zumba*	4:45 – 5:30 Y Active Kids			10:30 – 12:30 Gym and Swim*	
6:30 – 7:30 Ontario Basketball Association Hoops and Spikes*	5:30 – 6:15 Cardio Strength* (Ages 10-14)	5:30 – 6:30 Dodgeball	5:30 – 6:15 Cardio Strength* (Ages 10-14)		11:00 – 12:00 Zumba Kids* (Ages 7-12)	11:00 – 11:55 Gymnastics* (Ages 7-12)
	6:00 – 7:00 Soccer		5:00 – 5:55 Gymnastics* (Ages 7-12)			12:00 – 12:55 Gymnastics* (Ages 7-12)
			6:00 – 6:55 Gymnastics* (Ages 7-12)	6:00 – 6:55 Gymnastics* (Ages 7-12)	1:00 – 1:45 Cardio Strength* (Ages 10-14)	1:00 – 1:55 Gymnastics* (Ages 7-12)
			7:00 – 7:55 Gymnastics* (Ages 7-12)			

Ages 13+ years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 – 8:30 Basketball	5:30 – 6:15 Cardio Strength* (Ages 10-14)	6:30 – 7:30 Dodgeball	5:30 – 6:15 Cardio Strength* (Ages 10-14)	6:00 – 9:00 Teen Night*	1:00 – 1:45 Cardio Strength* (Ages 10-14)	
6:30 – 7:30 Ping Pong*		6:30 – 7:30 Ping Pong*		8:15 – 9:30 Gymnastics Floor and Flip Basics*		

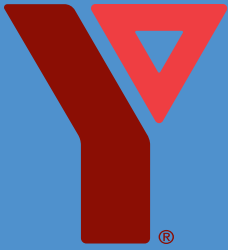
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DROP-IN PROGRAMS

Basketball (Ages 13+ years)

In this drop-in program, kids practice their basketball skills including shooting, passing, dribbling and teamwork.

Dodgeball (Ages 5-8 years, 9-12 years, 13+ years)

In this fast-paced, energetic game, YMCA instructors teach safe throwing techniques and make sure everyone plays with respect. All classes are grouped by age and ability.

Soccer (Ages 5-8 years, 9-12 years)

This program is a great opportunity for children to learn the game of soccer and some basic soccer skills.

Teen Night (Ages 13+ years)

Teens can take part in activities such as sports, gym games, and swimming. Open to members and non-members.

Y Active Kids (Ages 5-8 years, 9-12 years)

Join us for some physical activity in the gym with various games using physical literacy components.

REGISTERED PROGRAMS

Cardio Strength (Ages 10-14 years)

An instructional program designed for youth to have supervised access to the Fitness Centre for cardio and strength workouts.

Kid Fit (Ages 3-5 years)

Introduce your child to the basic concepts and movements used in a variety of sports. The last half hour of the program will include fun and games in our pool!

Family Zumba (Ages 3-12 years)

Bring your family and enjoy fitness with Latin and international dance routines.

REGISTERED PROGRAMS cont'd

Gymnastics (Ages 1-12 years)

A great program that teaches beginners the fundamentals of gymnastics and enhances skills for experienced gymnasts.

Gym & Swim (Ages 3-5 years, 5-8 years, 9-12 years)

A supervised activity where children play while exploring their skills and interests. Includes gym, sports, games, crafts and swimming.

Kinder Kids (Ages 3-5 years)

Various games using letters, numbers, shapes and colours using physical activity.

Music and Movement (Ages 3-5 years)

Enhance your child's development and love of music through song, dance, games and instruments. Children will explore movement, melody and rhythm.

OBA Hoops and Spikes (Ages 6-12 years)

Get up and get active! In partnership with the Ontario Basketball Association, this program provides participants with the competence and confidence to be active for life in basketball and a variety of other activities.

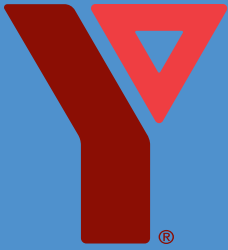
Ping Pong (Ages 13+ years)

Have fun while sharpening your reflexes and reaction time with this fun and fast-paced game!

Zumba Kids Jr. (Ages 4-6) & **Zumba Kids** (Ages 7-12)

Zumba Kids features kid-friendly routines based on Zumba choreography. We break down the steps, add games and activities as well as cultural exploration.





North Bay YMCA

Children's Gymnastics Programs

January 8 - April 1, 2018

Class Descriptions

Crawlers and Climbers (Ages 12-36 months)

This is an introduction to gymnastics and an exploration of the fundamental movement patterns. This program will soon have your child climbing, hopping, hanging and even rolling! Together you will explore the equipment, different activity stations, height variations and gymnastics movements while listening to instruction, sharing equipment, taking turns and interacting with others. Each participant must be accompanied by an adult who will participate in the activities, helping to keep their little one on task while remaining with the group.

Rollers and Jumpers (Ages 3 & 4 years)

This is a jumping-off point for the basics of gymnastics. Focus is on the fundamentals of the sport, building upon the Six Fundamental Movement Patterns including landings, locomotion, stationary positions, springs, rotations and swings. This is an on-my-own program for the aspiring gymnast. At this stage, athletes will be learning new skills on our equipment. Participants will receive progress reports on skill acquisition within our level system at the end of each session. Proper progressions, safety in the gym environment and a strong foundation will help build their future in gymnastics. Rollers and Jumpers will be preparation for the CanGym program introduced in the next age category.

Little Gymmies (Ages 5 & 6 years)

At this stage, participants focus on fun, fitness and fundamentals. The skills developed in this program will reinforce strong basic skills and good technique while having fun. Coaches will teach proper progressions and ensure skills are well-learned before moving onto the next step. Program goals include continuous activity, daily successes and gym safety. At the end of each session, 5 year olds will receive progress reports based on skill acquisition within our level system. Once the child turns 6 years of age, progress reports will be from the CanGym level system, a national skill-based program that focuses on skill development within the Six Fundamental Movement Patterns.

Youth Gymnastics (Ages 7-12 years)

This program is for athletes of varying abilities, including beginner levels through to advanced gymnastics. The CanGym badge program allows participants, coaches and parents to monitor progress in addition to being a great motivator for athletes. The CanGym program continues to focus on Gymnastics Canada's Fun, Fitness and Fundamentals educational philosophy. There are a total of 12 coloured badges that participants may receive upon successful completion of each level. Coaches will continue coaching with attention to mastering good fundamentals, proper progressions and having fun!



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