



North Bay
 YMCA
 Children's Programs
 July 2 - August 26, 2018

Ages 12-36 months

Parent Involvement - Parents must stay and participate with children.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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Ages 3-5 years

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|---|----------|--------|----------|--------|
| 10:00 – 11:00 <i>Junior Nature Explorers*</i> | | 10:00 – 11:00 <i>Fun in the Sun*</i> | | | | |
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* 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.

Child Minding Summer Schedule: Monday – Saturday 9:00am – 12:00pm

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!



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Ages 5-8 years

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------|--|----------|--------|---|--------|
| 10:00 – 11:00 <i>Nature Explorers*</i> | | 10:00 – 11:00 <i>Y Active Kids*</i> | | | 10:00 – 11:00 <i>Adventures in Cooking (Ages 6-7)*</i> | |
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| 6:00 – 7:00 Drop in Soccer | | 6:00 – 7:00 Drop in Dodge Ball | | | | |
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Child Minding Summer Schedule: Monday – Saturday 9:00am – 12:00pm

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

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Ages 9-12 years

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|--|----------|--------|---|--------|
| 10:00 – 11:00 <i>Y Active Kids*</i> | | 10:00 – 11:00 <i>Y Active Kids*</i> | | | 11:30 – 1:30 <i>Adventures in Cooking (Ages 8-12)*</i> | |
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| 6:00 – 7:00 Drop in Soccer | | 6:00 – 7:00 Drop in Dodge Ball | | | | |
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Ages 13+ years

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
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Child Minding Summer Schedule: Monday – Saturday 9:00am – 12:00pm

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

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SUMMER PROGRAMS

Junior Nature Explorers (Ages 3-5 years)

Max 16 participants

You and your child will experience nature and seasonal wonders through the wonderful world of nature. Weather permitting each class will include a different outdoor activity involving nature.

Nature Explorers (Ages 6-8 years)

Max 16 participants

Children will experience nature and seasonal wonders through the wonderful world of nature. Outdoor activities and crafts.

Fun in the Sun (Ages 3-5 years)

Max 16 participants

Spend fun outside that includes circle time, water play, games, stories, crafts and songs. Bring a hat, water, snack and sunscreen.

Y Active Kids (Ages 6-12 years)

Max 16 participants

Ready, Set, Go! Active Games gives kids the chance to learn the art of team building and cooperation through a variety of fun and easy-to-learn games.

Adventures in Cooking (Ages 6-8 years, 9-12 years)

Max 12 participants for each group

An introductory cooking class teaching healthy nutrition, safe food handling, and use of basic recipes. Children will learn the entire cooking process and get to enjoy their final product.

Drop in Soccer (Ages 6-12 years)

Children will have fun with this drop in program which will focus on fun learning some of the fundamental skills in soccer such as passing, receiving and controlling the ball, shooting and dribbling.

Drop in Dodge Ball (Ages 6-12 years)

Dodging, chasing, running, moving, your child will have fun with this non competitive versions of different dodge ball games.

ADDITIONAL SUMMER PROGRAM

(Not Included in Membership)

CANGYM (Ages 6-12 years)

Max 12 participants

This week specialty program will have your child spend 3 hours each day honing their gymnastics abilities. The rest of the day will be filled with recreational swim, games and outside activities. (July 9-13th) (July 30th to Aug 3)



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