



YOUTH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-1:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-1:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-1:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-1:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-1:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-12:00PM	CHILD MINDING 6 MONTHS-6 YEARS 9:00AM-12:00PM
	MUSIC & MOVEMENT 12-24 MONTHS 9:00AM-9:30AM		→ LEARN TO PLAY 12-24 MONTHS 9:00AM-9:30AM				
	MUSIC & MOVEMENT 2-4 YEARS 9:30AM-10:30AM		KINDER KIDS 2-4 YEARS 9:30AM-10:30AM				
10AM				PARENT/CHILD YOGA 2-4 YEARS 10:15AM-10:45AM		ADVENTURES IN COOKING 6-8 YEARS 10:00AM-11:00AM YOUTH CARDIO STRENGTH 10:30AM-11:15AM	ADVENTURES IN COOKING 6-8 YEARS 10:00AM-11:00AM
11AM						SWIM & GYM 3-5 YEARS 11:00AM-1:00PM SWIM & GYM 6-8 YEARS 11:00AM-1:00PM SWIM & GYM 9-12 YEARS 11:00AM-1:00PM ADVENTURES IN COOKING 9-12 YEARS 11:30AM-1:30PM	SWIM & GYM 3-5 YEARS 11:00AM-1:00PM SWIM & GYM 6-8 YEARS 11:00AM-1:00PM SWIM & GYM 9-12 YEARS 11:00AM-1:00PM ADVENTURES IN COOKING 9-12 YEARS 11:30AM-1:30PM
		SWIM & GYM HOMESCHOOL 1:00PM-3:00PM					
1PM							
3PM							
4PM	CHILD MINDING 6 MONTHS-6 YEARS 4:30PM-7:00PM	CHILD MINDING 6 MONTHS-6 YEARS 4:30PM-7:00PM	CHILD MINDING 6 MONTHS-6 YEARS 4:30PM-7:00PM	CHILD MINDING 6 MONTHS-6 YEARS 4:30PM-7:00PM			
5PM	PICKLEBALL 5-8 YEARS 5:15PM-6:00PM YOUTH CARDIO STRENGTH 5:30PM-6:15PM	FAMILY ZUMBA 5:15PM-6:00PM YOUTH CARDIO STRENGTH 5:30PM-6:15PM	DROP IN DODGEBALL 5-8 YEARS 5:30PM-6:15PM YOUTH CARDIO STRENGTH 5:30PM-6:15PM				
6PM	PICKLEBALL 9-12 YEARS 6:00PM-6:45PM	DROP IN HOCKEY 6-12 YEARS 6:00PM-7:00PM	DROP IN DODGEBALL 9-12 YEARS 6:15PM-7:00PM	YOUTH CARDIO STRENGTH 6:00PM-6:45PM			

Fall 2018

- 6 Months - 6 Years
- 12-24 Months
- 2-4 Years
- 3-5 Years
- 5-8 Years
- 6-8 Years
- 6-12 Years
- 9-12 Years
- 10-11 Years

Registration Required

New Program

INTERESTED IN GYMNASTICS?
 For those who spend more time upside down than upside right, we have the program for you!
 Inquire at Membership Services!



YOUTH

REGISTERED PROGRAMS

Gymnastics (Ages 1-12)

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

Adventures in Cooking (Ages 6-8, 9+)

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.

Learn to Play (12-24 Months)

This will be a fun interactive program for you and your child to meet other families. We will have music, story time and fun activities to get your little ones building fine and gross motor skills.

Music and Movement (12 -24 Months & 2-4 Years)

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

Pickleball (Ages 5-8, 9-12)

Pickle Ball is a racquet sport which combines elements of Badminton, Tennis and Table Tennis.

Parent/Child Yoga (Ages 2-4)

You will have fun with your child during this class. Learning simple yoga poses with your child.

REGISTERED PROGRAMS

Swim and Gym (Ages 3-5, 6-8 & 9-12)

Your child will have fun playing various gym games with other children and after go swimming with fun engaging play in the pool.

Kinder Kids (Ages 2-4)

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

Youth Cardio Strength (Ages 10-11)

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

DROP-IN PROGRAMS

Teen Night (Ages 13+ Years)

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

Family Zumba

Come out and learn various moves and dance from Latin music for the whole family.

Dodgeball (Ages 6-8)

In this fast-paced, energetic game, YMCA instructors teach safe throwing techniques and make sure everyone plays with respect.