



# YOUTH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM	MUSIC & MOVEMENT 1-2 YEARS 9:30AM-10:00AM		MUSIC & MOVEMENT 1-2 YEARS 9:30AM-10:00AM				
10AM	MUSIC & MOVEMENT 3-5 YEARS 10:00AM-10:45AM		KINDER KIDS 3-5 YEARS 10:00AM-10:45AM			ADVENTURES IN COOKING 6-8 YEARS 10:00AM-11:00AM ➔ Y ACTIVE KIDS 6-12 YEARS 10:00AM-11:00AM YOUTH CARDIO STRENGTH 10:30AM-11:15AM	ADVENTURES IN COOKING 6-8 YEARS 10:00AM-11:00AM ➔ Y ACTIVE KIDS 6-12 YEARS 10:00AM-11:00AM
11AM						➔ CRAFTY KIDS 6-12 YEARS 11:00AM-12:30PM GYM & SWIM 3-5 YEARS 11:00AM-1:00PM GYM & SWIM 6-12 YEARS 11:00AM-1:00PM ADVENTURES IN COOKING 9-12 YEARS 11:30AM-1:30PM	GYM & SWIM 3-5 YEARS 11:00AM-1:00PM GYM & SWIM 6-12 YEARS 11:00AM-1:00PM ADVENTURES IN COOKING 9-12 YEARS 11:30AM-1:30PM
							DROP IN GYMNASTICS FAMILY 1:00PM-2:00PM
4PM	➔ HOMEWORK CLUB 6-12 YEARS 4:00PM-5:30PM		➔ HOMEWORK CLUB 6-12 YEARS 4:00PM-5:30PM				
5PM	Y ACTIVE KIDS 6-12 YEARS 5:30PM-6:00PM YOUTH CARDIO STRENGTH 10-11 YEARS 5:30PM-6:15PM	FAMILY ZUMBA® 5:15PM-6:00PM YOUTH CARDIO STRENGTH 10-11 YEARS 5:30PM-6:15PM	Y ACTIVE KIDS 6-12 YEARS 5:30PM-6:00PM YOUTH CARDIO STRENGTH 10-11 YEARS 5:30PM-6:15PM	➔ CRAFTY KIDS 6-12 YEARS 5:30PM-7:00PM			
6PM	DROP IN SOCCER 6-12 YEARS 6:00PM-7:00PM	➔ OBA HOOPS 6-8 YEARS 6:00PM-6:45PM ➔ CRAFTY KIDS 6-12 YEARS 6:15PM-7:30PM	DROP IN DODGEBALL 6-12 YEARS 6:00PM-7:00PM	YOUTH CARDIO STRENGTH 10-11 YEARS 6:00PM-6:45PM	TEEN NIGHT 13-17 YEARS 6:00PM-9:00PM DROP IN GYMNASTICS 13+ 8:00PM-9:00PM		
7PM		➔ OBA HOOPS 9-12 YEARS 7:00PM-8:00PM					

**Winter 2019**

- 1-2 Years
- 3-5 Years
- 6-8 Years
- 6-12 Years
- Registration Required
- 9-12 Years
- 10-11 Years
- 13-17 Years
- Family
- New Program

**Child Minding Winter Schedule**

Ages 6 Months - 6 Years

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:30pm - 7:00pm

Saturday—Sunday 9:00am-12:00pm

705-497-9622 | ymcaneco.ca



# YOUTH

## REGISTERED PROGRAMS

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

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.

### **Music and Movement (1-2 Years & 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.

### **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 3-4)**

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.

## REGISTERED PROGRAMS

### **OBA Hoops (6-8 Years & 9-12 Years)**

Participate in physical activities in the gym with various games using physical literacy components.

## DROP-IN PROGRAMS

### **Teen Night (Ages 13-17 Years)**

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

### **Family Zumba**

Fun for the whole family! Show off your dancing skills while learning new moves based off Latin music.

### **Dodgeball (Ages 6-12)**

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

### **Y Active Kids (Ages 6-12)**

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. Activities are well structured, positive and Fun, and concentrate on developing ABCs-Agility, Balance, Coordination and Speed. Bring a water bottle and a peanut free snack.

### **Drop in Soccer (Ages 6-12)**

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



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## **DROP-IN PROGRAMS**

### **Crafty Kids (Ages 6-12)**

Inspire, imagine and create. Drop in for fun projects each week!

### **Homework Club (Ages 6-12)**

Drop in to get some help with your homework, then play some fun educational board games after you're done!