



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 4:30PM-5:30PM		➔ HOMEWORK CLUB 6-12 YEARS 4:30PM-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

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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.



YOUTH

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!