



Child, Youth and Family Schedule

September 6 to December 18, 2022

FACILITY HOURS – Mon-Fri: 6:30AM - 8:00PM | Sat-Sun: 9:00AM - 3:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:30AM - 2:30PM Kid's Zone (Ages: 1Y-12Y)	9:30AM - 11:30AM Family Badminton (Ages: 6Y+)
					10:00AM - 3:00PM Babysitting Course ●● (Ages: 11Y-14Y) <i>Starts Oct. 15 or Nov. 19</i>	
4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 5:00PM Youth Conditioning ●● (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	10:30AM - 11:30AM Family Tae Kwon Do - Beginner ●● (Ages: 6Y+)	2:00PM - 3:00PM Youth Open Gym (Ages: 13Y-17Y)
4:00PM - 7:30PM Kid's Zone (Ages: 1Y-12Y)	5:00PM - 7:00PM Kid's Zone - Child Minding ● (Ages: 3Y-9Y)	4:00PM - 7:30PM Kid's Zone (Ages: 1Y-12Y)	4:00PM - 6:00PM Youth Open Gym – Badminton (Ages: 13Y-17Y)	4:00PM - 7:30PM Kid's Zone (Ages: 1Y-12Y)	11:45AM - 1:15PM Youth Open Gym (Ages: 13Y-17Y)	
	5:30PM - 7:30PM Y Kids Academy ●● (Ages: 11Y-12Y) <i>Starts Oct. 4</i>	6:00PM - 7:00PM Child Basketball ●● (Ages: 6Y-8Y)	5:00PM - 7:00PM Kid's Zone - Child Minding ● (Ages: 3Y-9Y)	6:00PM - 7:00PM Youth Basketball ●● (Ages: 13Y-15Y)	12:30PM-1:30PM Child Dance ●● (Ages: 6Y-8Y)	
	6:00PM - 7:00PM Child Indoor Soccer ●● (Ages: 6Y-8Y)		6:00PM - 7:00PM Pre-Teen Indoor Soccer ●● (Ages: 9Y-12Y)	6:00PM - 8:00PM Youth Night (Ages: 13Y- 17Y)		
		7:00PM - 8:00PM Pre-Teen Basketball ●● (Ages: 9Y-12Y)		7:00PM - 8:00PM Youth Basketball ●● (Ages: 15Y-17Y)		

● Booking required | ●● Registration required

To learn more about registering or booking your spot, visit ymcaywca.ca/schedules.

Schedule is subject to change.

Program Descriptions

Y Camp Express | Age: 4Y - 12Y

Children take part in a range of traditional day camp activities such as sports, games and crafts. Your child will explore hidden talents and develop friendships.

Child/Pre-Teen Indoor Soccer | Ages: 6Y - 8Y / 9Y-12Y

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required.

Child/Pre-Teen/Youth Basketball

Ages: 6Y-8Y / 9Y-12Y / 13Y-17Y

Take part in basketball skill development. Focus is on fun, participation, team work and fair play.

Child / Pre-Teen Dance | Age: 6Y – 8Y / 9Y - 12Y

A high energy, fun dance class that builds on fundamental movement skills and teaches a variety of dance styles such as jazz, ballet and hip hop. Participants explore individual creativity and expand motor skill development.

Family Karate: Beginner | Ages: 6Y+

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Families are encouraged to register together.

Family Tae Kwon Do - Beginner | Ages: 6Y+

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience needed.

Family Badminton | Ages: 6Y+

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

Y Kids Academy | Age: 10Y - 12Y

Y Kids Academy is a program designed to encourage activity, promote physical conditioning and help shape healthier kids. Participants learn about their health through interactive theory sessions complimented by active training and conditioning sessions each class.

Babysitting Course | Age: 11Y - 14Y

This Y certificate program helps participants learn and develop the necessary skills to supervise children responsibly. Topics include age characteristics of children, entertaining children, creating a caring and safe environment and handling challenging children. This program is also valuable for young people who are sometimes home alone.

Youth Conditioning | Age: 13Y - 17Y

This Personal Trainer led program is specifically for youth and teaches proper technique and safety while training. The focus is on developing functional strength and improving agility, balance and coordination.

Open Gym

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

Child and Youth Age and Access Policies

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.