



Fall 2024 Schedule

| Program Name | Program Information | |
|---------------------------------|--|---|
| Home Alone Course (\$) | September 27th Ages 10-13 yrs 9:00am - 3:00pm | Join us for our Home Alone Course that will provide youth with the life skills such as; basic first aid and safety, problem-solving skills, establishing a routine, responsibilities, stranger safety, and how to handle emergencies. |
| Babysitter's Course (\$) | October 15th Ages 11-14 yrs 9:00am - 3:00pm | Join us for our Babysitting Course that will provide youth with the life skills such as; basic first aid, problem solving skills, how to handle emergencies, diaper practice, and job professionalism. |
| Basketball (\$) | Sept 10th to Oct 22nd Tuesdays Ages 6-9 yrs 5:00-6:00pm Ages: 10-12 yrs 6:00am - 7:00pm | Participants will develop the fundamental skills of basketball, including: dribbling, passing, shooting, and defensive strategy, to complete their play in full court games. YMCA Instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport. |
| Rhythm and Stretch (\$) | Sept 12th to Oct 24th Thursdays Ages 3-5 yrs 4:30-5:15pm Ages 6-9 yrs 5:20 - 6:20pm | This program builds a basic foundation for children to understand the fundamentals of different stretching techniques which will introduce skills in gymnastics and different styles of dance. While working with instructors and peers, children will participate in games, activities and movement! |
| Soccer (\$) | Nov 5th to Dec 17th Tuesdays Ages 3-5 yrs 5:00-6:00pm Ages: 6-9 yrs 6:00am - 7:00pm | Participants will grow their knowledge in the basic skills of soccer, including: dribbling, passing, shooting and field strategy. YMCA Instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport. |
| Social Butterflies | Nov 7th to Dec 19th Thursdays Ages 3-5 yrs 4:30-5:15pm Ages 6-9 yrs 5:20 - 6:20pm | This program focuses on building friendships, collaboration and friendship through half day programming. Children come and do a different activity each week. Some activities may include arts and crafts, STEM creations, games etc. Followed by an outdoor outing and activity. Games are group/partner-oriented and focus on teamwork, collaboration and making friends. |

NOTE: Schedule subject to change.

Please visit our Portal to check on the class times, cancellations or program changes.

The below offerings are a sample of our Preschool, Child, and Youth Programs. Please contact your local centre to find out what is being offered each season.

Sports Programs



Basketball

Level: Fundamentals & Advanced
Ages: 3 - 5 | 6 - 9 | 10 - 12
There is a fee associated with this program.

Participants will develop the fundamental skills of basketball, including: dribbling, passing, shooting, and defense strategy, to combine their play in full or half court games. YMCA instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport. Participants will be prepared for Basketball Level 2 at the end of this program.



Soccer

Level: Fundamentals & Advanced
Ages: 3 - 5 | 6 - 9 | 10 - 12
There is a fee associated with this program.

Participants will grow their knowledge in the basic skills of soccer, including: dribbling, passing, shooting, and field strategy, to combine their skills in team games. YMCA Instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport. Participants will be prepared for Soccer Level 2 at the end of this program.



Floor Hockey

Level: Fundamentals & Advanced
Ages: 6 - 9 | 10 - 12
There is a fee associated with this program.

Participants will progress through the fundamentals of indoor hockey, including: stick handling, passing, shooting, defense and offense plays, to combine their play in team games. YMCA Instructors will educate players about rules and etiquette while encouraging teamwork and fitness competencies needed to play the sport. Participants will be prepared for Floor Hockey Level 2 at the end of this program.

Arts Programs



Art Spark

Ages: 3 - 5 | 6 - 9 | 10 - 12
There is a fee associated with this program.

Children will explore their imaginative and creative skills through a variety of arts and crafts, dramatic play, movement, and musical activities. Children will have opportunities to create projects and share with others. New themes and activities are introduced each week. Materials will be provided.

Health and Fitness Programs



Move It

Level: Fundamentals
Ages: 3 - 5 | 6 - 12
There is a fee associated with this program.

This active program focuses on building a variety of physical literacy skills through group games and activities that get the whole body moving. Participants will also learn to work with their peers and socialize.



Y Kids (Drop-in)

Ages: 3 - 5 | 6 - 12
Fee: Included in membership

The YMCA's popular Y Kids program provides supervised activities for children so that parents and/or guardians may workout or participate in a program! Y Kids fosters social development and allows your child to experience a variety of activities, including crafts, sports and outdoor play.



Youth Leadership Development

Leaders In Training: Grades 5/6
Junior Leaders: Grades 7/8
Intermediate Leaders: Grades 9/10
Advanced Leaders: Grades 11/12
Fee: Included in membership
Conference fees to be determined

Our Leadership Programs combine leadership training, teamwork and volunteer opportunities to help participants build self-confidence and meaningful connections with peers and members of the community. Participants will make new friends, develop valuable skills and learn leadership through fun, interactive activities. Participants will have the opportunity to take part in YMCA leadership workshops, retreats and exchanges (depending on location and availability). Programs run from September to June.