



# Preschool, Child, and Youth Programs

## Fall 2025 Schedule

Program Name	Program Information	
<b>All Sport \$</b>	Juniors Ages 3-5 yrs 4:30 - 5:30pm November 7 - December 19, 2025 Seniors Ages 6-12 yrs 5:30 - 6:30pm November 7 - December 19, 2025	All Sport will provide your child with a foundation for physical fitness that will last a lifetime. YMCA Staff will work with participants to hone their skills, training through agility, balance, coordination and fundamental skills, drills and circuits, getting kids active in a fun, inclusive and safe setting. The focus will be a different sport/physical activity each week.
<b>Basketball Fundamentals \$</b>	Juniors Ages 3-5 yrs 4:30 - 5:30pm September 11 - October 23, 2025 Seniors Ages 6-12 yrs 5:30 - 6:30pm September 11 - October 23, 2025	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.
<b>Dodgeball (Drop In)</b>	Ages 13+ Friday: 5:30 - 6:30pm	Is for participants looking for an organized Dodgeball experience. The game depends on number of participants. Lead and refereed by YMCA staff.
<b>Family Fitness (Drop In)</b>	Wednesday: Family Yoga 4:15 - 5:00pm Family Zumba 6:15 - 7:00pm Family Aquafit 7:00 - 7:45pm	This is a time for parents and children to enjoy some Family Friendly Fitness Classes together. It is also a great time to connect with other families within the community. Parents must accompany and directly supervise children.
<b>Family Gym (Drop In)</b>	Tuesday: 10:15 - 11:15am	Bring your kids and enjoy some quality time together while being active at the YMCA drop-in Family Gym program. This is time for parents and children to enjoy use of the gym for a variety of available sports and activities together. It is also a great time to connect with other families within the community. Parents must accompany and directly supervise children.
<b>Lifelong Leaders (Youth Leadership)</b> <b>**Free for YMCA members</b> <b>** \$ for Non - members</b>	Wolves Gr 9/10 Tuesdays 3:00 - 5:00pm October 14 - April 21, 2026	Strategic Leaders, Push your boundaries, discover your passions, and gain hands-on experience with jobs and volunteer opportunities. Weekly 2-hour sessions, 20 weeks in Fall/Spring. Includes resume building, job shadowing, first aid certifications, and more
<b>Lifelong Leaders (Youth Leadership)</b> <b>**Free for YMCA members</b> <b>** \$ for Non - members</b>	Buffalos Gr 11/12 Tuesdays 3:00 - 5:00pm October 16 - April 23, 2026	Executive Leaders, Fine-tune your leadership abilities, build an impressive portfolio, and gain valuable micro-credentials for your future career. Weekly 2-hour sessions, 20 weeks in Fall/Spring. Key benefits include Mental Health First Aid training, volunteer recognition, and career mentorship
<b>Outdoor Explorers \$</b>	Ages 6-12 yrs, 4:00 - 5:00pm September 9 - October 21, 2025	Learn about the environment through fun activities and wilderness games! Activities focus on nature education, physical activity and crafts.
<b>Painting with Glareh \$</b>	Ages 6-12 yrs, 5:15 - 6:00pm Option 1: September 29 - October 21, 2025 Option 2: November 4 - December 16, 2025	Join Glareh in exploring the different styles and techniques of painting. This program will allow your young ones to unleash their creativity, build confidence in their artistic abilities, and develop fine motor skills. Through guided instruction and hands-on activities, participants will experiment with color, texture, and various mediums in a fun and supportive environment. Perfect for budding artists of all skill levels!



# Preschool, Child, and Youth Programs

## Fall 2025 Schedule

Program Name	Program Information	
<b>Parent &amp; Tot Yoga (Drop In)</b>	Thursday: 9:15 - 10:00am	Bring your toddlers and preschoolers and enjoy yoga adapted for kids, incorporating games, animal sounds, and creative names for poses to make it fun and engaging while promoting physical and mental well-being. Build strength, flexibility, coordination, and body awareness, as well as developing self-calming and emotional regulation skills through breathing and relaxation techniques.
<b>Parent &amp; Tot Social Gym (Drop In)</b>	Thursday: 10:15 - 11:15am	Bring your toddlers and preschoolers and enjoy some quality time together while being active at the YMCA. This is a time for parents and children to enjoy the use of the gym for a variety of play activities together. It is also a great time to connect with other families within the community. Parents must accompany and directly supervise children.
<b>Rhythm &amp; Stretch \$</b>	Ages 6-12 yrs, 4:00 - 5:00pm	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!
<b>Social Butterflies \$</b>	Ages 6-12 yrs, 4:00 - 5:00pm November 4 - December 16, 2025	This program focuses on building friendships, teamwork and collaboration 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.
<b>Y-Kids (Drop In)</b>	Ages 3-9 yrs Monday 4:15 - 7:15pm Wednesday 4:00 - 7:15pm Saturday 9:00 - 11:30am	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! This drop-in program fosters social development and allows your child to experience a variety of activities, including crafts, sports, and outdoor play.
<b>Youth Volleyball (Drop In)</b>	Ages 10-13 yrs Tuesdays: 6:30 - 7:30pm Thursdays: 6:30 - 7:30pm	Want to meet new friends and hone your volleyball skills? Come to the YMCA and join other youth members in a friendly game of volleyball. It's a great way to stay fit, meet other youth in the community, and have fun. It's a great way to stay fit, meet people, and have fun. Teams are made up on arrival and games are self-refereed. Friendly staff are on-site to answer questions and provide instruction if needed.
<b>Youth Wellness</b>	Ages 10-13 yrs Tuesday: 5:30 - 6:30pm Wednesday: 5:00 - 6:00pm Thursday: 4:00 - 5:00 5:00 - 6:00pm	The Youth Wellness program is designed to equip participants with the knowledge to safely work in the Wellness Centre and to responsibly share the space with adult participants. The course is taught by YMCA fitness professionals and is divided into three levels. Each level takes approximately 5 weeks to complete. Successful completion of each level will grant participants with access to use various parts of the Wellness Centre and its equipment.

**NOTE: Schedule subject to change.**

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