

Chilliwack YMCA Child, Youth, and Family Program Descriptions

<p>Y Play</p>	<p>Ages 6 wks -5 yrs - Take care of yourself. Let our trained staff take care of your children while you take a class, go for a swim, or meet other parents in our centre of community. Talk to our Membership Services Desk for more information.</p>
<p>Active Play</p>	<p>Ages 3-5 yrs - Active Play helps lay the foundation for future success in physical skill development. Children are encouraged to run, jump, catch, throw, balance, and move creatively through fun activities and games.</p>
<p>Creative Play</p>	<p>Ages 3-5 yrs - Kids get creative and explore through a variety of activities that help them develop fine motor skills and hand eye coordination. Activities include puzzle games, cooperative games, circle time, and much more!</p>
<p>Multi Sports</p>	<p>Ages 6-12 yrs - Kids make friends, have fun, and learn the value of fair play through basic sports. Kids will run, jump, shoot, and pass while playing a variety of sports related games.</p>
<p>Active Games</p>	<p>Ages 6-12 yrs - Builds the foundations of advanced movement skills in a safe and challenging environment. Activities are well structured, positive and fun, and concentrate on developing the ABC's - agility, balance, coordination, and speed.</p>
<p>Games Galore</p>	<p>Ages 6-12 yrs - It's your turn! YMCA Games Galore lets kids choose from a variety of games that teach valuable life skills such as problem solving and cooperation. Lego, card games, and more!</p>
<p>Active Brains</p>	<p>Ages 6-12 yrs - Brains not only need books, they need a healthy dose of interactive fun. YMCA Active Brains does just that. This program offers a variety of educational activities.</p>
<p>Teen Fitness Orientation</p>	<p>Ages 13-15 yrs - Young people can learn how to use fitness equipment safely on their own, empowering them to start healthy exercise habits. This orientation is required before using the strength and conditioning area, and is available via pre-registration only at our membership services desk.</p>