



Child, Youth & Family Schedule

Langara Family-YMCA

Fall

GreaterVanYMCA

	Saturday-Gym	Saturday-MPR
MORNING	Indoor Family Playground 10:00am - 12:00pm 0 - 12 yrs <i>Full Gymnasium</i>	Childminding 6 weeks -12 yrs 9:30am-11:30am <i>Multi-Purpose Room (MPR)</i>
	Active Games 12:15pm - 1:00pm 6 - 12 yrs <i>East Gymnasium</i>	Pre-School Creative Play 3-5 yrs 11:45pm-1:00pm <i>Multi-Purpose Room (MPR)</i>
	Multi-Sports 1:00pm - 2:00pm 6-12 yrs <i>East Gymnasium</i>	Family Play Time 1:15pm - 2:00pm 0 - 5 yrs <i>Multi-Purpose Room (MPR)</i>
AFTERNOON	<p>We will not be offering Child, Youth & Family programs from Monday to Friday (except for Karate on Mon & Wed night from 6:30pm-8:30pm)</p>	
EVENING		

Parents/Caregivers must provide staff with all medical and allergy information for Children and Youth

Drop-In Programs - Included in membership	*Childminding requires a completed registration form and advanced booking*	11/7/2022
Registered Programs - See Front Desk for Information	For info, please see front desk or visit--> gv.ymca.ca	*Schedule is Subject to Change*

DESCRIPTIONS	
Childminding	6 Weeks - 12 Yrs Enjoy a workout or a relaxing break while your child is in the capable hands of trained YMCA staff. Additional fees and pre-registration apply. Go to front desk for more information. *Parents/Guardians must stay in facility throughout registered time.*
Family Play Time	0-5 yrs - For families, our MPR is filled with toys and soft play equipment, perfect for developing essential growth-motor skills and learning to play and share with friends *Parental supervision is required.*
Indoor Family Playground	0-12 yrs - For families, the Gymnasium will be open for families with children to have a place to play & bond together. We will supply our Bouncy Castle and some pieces of sport equipment for families to enjoy! *Parental Supervision and pre-registration Required*
Active Games	6yrs-12 yrs (Active Games) - Drop in program. YMCA Active Play and Active Games gives kids the chance to learn teambuilding, cooperation, improve coordination, agility and balance all while engaging in activities with other kids.
Multi-Sport	6yrs-12 yrs (Active Games) - Drop in program. YMCA Multi-Sport gives kids the chance to learn and play different sports and focus on teambuilding, cooperation, improve coordination, agility and balance all while engaging in activities with other kids.
Creative Play	3-5 yrs (Pre-school) - Drop-in program for children. Kids explore their creativity and imagination through activities such as drama, art, games and circle time.
Karate	7+ - Karate is taught by trained instructors of Downtown Shotokan Karate. Please go to dskdojo.com for more information. For registration go to gv.ymca.ca and register through Community Portal.