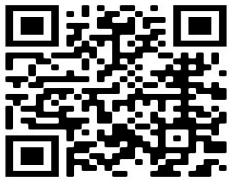




Child, Youth, and Family Program Schedule

Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
MORNING	Bouncy Castle Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i>	Child Minding 6 wks - 5 yrs 10:00-12:00 <i>Reception</i>	Indoor Family Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i>	Bouncy Castle Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i>	Child Minding 6 wks - 5 yrs 10:00-12:00 <i>Reception</i>	Indoor Family Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i>		
						Indoor Family Playground 0-12 yrs 11:00-1:30 <i>Gym 2</i>	Indoor Family Playground 0-12 yrs 11:00-1:30 <i>Gym 2</i>	
AFTERNOON		Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i>	Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i>	Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i>	Rock Climbing Ages 6-12 3:30 - 5:30 <i>Gym 1</i>	Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i>	Limbo for All All ages 12:00 - 1:00 <i>Gym 1</i> <i>*Every other Sunday*</i>	
	Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i>	Active Brains 6-12 yrs 5:15-6:30 <i>Large Centre</i>	Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i>	Active Brains 6-12 yrs 5:15-6:30 <i>Large Centre</i>	Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i>	Active Brains 6-12 yrs 5:15-6:30 <i>Large Centre</i>	Youth Night Ages 13-18 4:00 - 7:00 <i>Gymnasium</i>	
	Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i>	Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i>	Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i>	Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i>	Creative Play Ages 3-5 yrs 6:30-7:30 <i>Classroom 3</i>	Active Brains 6-12 yrs 6:30-7:30 <i>Large Centre</i>	Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i>	Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i>
EVENING								
	Karate Ages 7+ 6:30 - 8:30 <i>Studio 1</i>				Karate Ages 7+ 6:30 - 8:30 <i>Studio 1</i>			

Drop In Programs	<p>Please note the following:</p> <p>Youth Programs will be limited on all Statutory Holidays.</p> <p>For the most up to date schedule information, please visit our website: gv.ymca.ca or scan the QR code.</p> <p>Revised: March 17, 2024</p> <p>Please note: There will now be a minimum, 10 minute set-up period for all programs taking place in the Gymnasium. All scheduled times must be adhered to.</p>	
Parent Participation Program		
Registered Program		
Childminding		
Rock Climbing		



Child, Youth, and Family Program Descriptions

INCLUDED WITH MEMBERSHIP	Bouncy Castle Playground 0 - 5 Years	Mondays and Wednesdays 10:30am - 12:00pm Saturdays and Sundays 11:00am - 1:30pm	Our Indoor Family Playground with the addition of a Bouncy Castle! Play, run & bounce while meeting other families in the community. Soft play equipment, blocks, and ride on toys are available for your child(ren)'s play discovery! Parent involvement required. Drop in fee for non-members is \$10/child
	Indoor Family Playground 0 - 12 Years	Tuesdays and Thursdays 10:45am - 12:15pm	Play discovery is encouraged while meeting other families in the community. Soft play equipment, balance beams, blocks, and ride on toys are available for your child(ren)'s enjoyment Parent involvement required. Drop in fee for non-members is \$10/child
	Active Play 3 - 5 Years	Mondays to Thursdays 5:15pm - 6:30pm	Playing and exploring is more fun with friends. Active Play helps kids improve coordination, agility and balance while engaging in activities with other kids in their age group.
	Active Brains 6 - 12 Years	Mondays to Thursdays 5:15pm - 6:30pm	Get the creative juices flowing working with blocks and arts and crafts. This program helps your child(ren) interact, think creatively and problem solve with others in a quiet setting.
	Creative Play 3 - 5 Years	Mondays to Thursdays 6:30pm - 7:30pm	It's easy to learn when you're having fun! Get creative & explore through a variety of activities to help develop fine motor skills & hand eye coordination. Activities like puzzle games, cooperative games, circle time & more!
	Multi Sports 6 - 12 Years	Mondays to Thursdays 6:30pm - 7:30pm	Gym time for your active child(ren)! Run, jump, shoot and score while playing a variety of sports related games.
	Rock Climbing Ages 6+	Thursdays 3:30pm - 5:30pm Sundays 11:00am - 1:30pm	Great for climbers of all ages and skill levels. Complete one of 7 climbs with one of our belayers supporting you as you climb the wall and rappel down!
ADD ONS	Childminding 6 Weeks - 5 Years	Mondays and Wednesdays 10:00am - 12:00pm Saturdays 10:00am - 12:00pm	Want to get a workout in? Need an hour of time to yourself? We can help. Our Childminding services can give you an excellent opportunity for a workout, take a group fitness class, soak in the hot tub, or a coffee and good book in the lobby. Cost: \$6/hour for members, \$10/hour for non-members
REGISTERED PROGRAMS	Karate Ages 7+	Mondays and Thursdays 6:30pm - 8:30pm	Karate will focus on the traditional teachings of the martial art and includes two structured karate lessons per week led by a professional instructor from Downtown Shotokan Karate. As students and participants progress through the sessions, they may be invited to attend additional sessions.
	Brick Connections Ages 6-12	Coming Soon	Brick Connections is a brand new program we are looking to launch in 2024! Using the creative potential of LEGO to build bridges between ideas, concepts, and learners of all ages. Brick Connections will push the boundaries with LEGO-based education. We are hoping to offer the Brick Connections Program as a 6-week set.