




Child, Youth, and Family Program Schedule

Spring 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING							<div>Family Games Galore Ages 0-12 10:00-12:00 <i>Childminding</i></div> <div>Child Minding 6 wks - 5 yrs 9:00-12:00 <i>Reception</i></div>
	<div>Rock Climbing Ages 6-12 11:00-1:30 <i>Gym 1</i></div>	<div>Indoor Family Playground 0-12 yrs 11:00-1:30 <i>Gym 2</i></div>	<div>Bouncy Castle Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i></div>	<div>Child Minding 6 wks - 5 yrs 10:00-12:00 <i>Reception</i></div>	<div>Indoor Family Playground 0-5 yrs 10:30-12:00 <i>Gym 2</i></div>		<div>Aikido Ages 4-8: 9:45am-10:30am Ages 9-14: 10:45am-12:00pm <i>Studio 1</i></div>
							<div>Indoor Family Playground 0-12 yrs 11:00-1:30 <i>Gym 2</i></div>
AFTERNOON	<div>Tae Kwon Do Ages 4-6: 1:00pm-2:00pm Ages 7-11: 2:00pm-3:00pm Ages 12+: 3:00pm-4:00pm <i>Studio 2</i></div>	<div>Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i></div>	<div>Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i></div>	<div>Rock Climbing Ages 6-12 3:30-5:30 <i>Gym 1</i></div>	<div>Youth Basketball Ages 10-18 3:30-5:15 <i>Gym 2</i></div>		<div>Youth Night Ages 13-18 4:00 - 7:00 <i>Gymnasium</i> <i>TBD</i></div>
		<div>Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i></div>	<div>Active Brains 6-12 yrs 5:15-6:30 <i>Large Centre</i></div>	<div>Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i></div>	<div>Active Brains 6-12 yrs 5:15-6:30 <i>Gym 1</i></div>	<div>Active Play Ages 3-5 5:15-6:30 <i>Gym 2</i></div>	<div>Active Brains 6-12 yrs 5:15-6:30 <i>Large Centre</i></div>
		<div>Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></div>	<div>Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i></div>	<div>Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></div>	<div>Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i></div>	<div>Creative Play Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></div>	<div>Multi Sports 6-12 yrs 6:30-7:30 <i>Gym 2</i></div>
EVENING		<div>Karate Ages 7+ 6:30 - 8:30 <i>Studio 1 / Gym 1</i></div>					<div>Karate Ages 7+ 6:30 - 8:30 <i>Studio 1 / Gym 1</i></div>

Drop In Programs	Please note the following: Youth Programs will be limited on all Statutory Holidays.	
Parent Participation Program		
Registered Program	For the most up to date schedule information, please visit our website: gv.ymca.ca or scan the QR code.	
Childminding	Revised: April 3, 2025 Schedule in effect: April 6, 2025	
Rock Climbing	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.	



Child, Youth, and Family Program Descriptions

INCLUDED WITH MEMBERSHIP	Bouncy Castle Playground 0 - 5 Years	Mondays and Wednesdays 10:30am - 12:00pm	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 Saturdays and Sundays 11:00am - 1:30pm	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.
	Family Games Galore Ages 0 - 12 years	Saturdays 10:00am - 12:00pm	Join us for some friendly family board game fun! Make your move against fellow family members or challenge another family to a game!
	Rock Climbing Ages 6+	Wednesdays 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 9:00am - 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
	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.
REGISTERED PROGRAMS	Aikido Ages 4+	Saturdays Ages 4-8: 9:45 - 10:30am Ages 9-14: 10:45 - 12pm	In a physically active and cooperative learning environment, children learn the martial art Ki-Aikido. As they grow, they learn how to apply these lessons to all activities: school, play, sports, and relationships. Children are taught how to concentrate, how to relax without losing power, maintain good posture and to approach challenges with a positive outlook.
	Tae Kwon Do Ages 4+	Sundays Ages 4-6: 1:00 - 2:00pm Ages 7-11: 2:00 - 3:00pm Ages 12+: 3:00 - 4:00pm	Program is designed to run in a safe and fun environment. Students will be learning TaeKwonDo as an Olympic sport, participate in provincial tournament if interested, and received world recognized certificate upon reaching their black-belt level. Throughout our program, students are expected to gain physical strength, stamina, focus, leadership and confidence.