



# Chilliwack Landing & Cheam Leisure Centre

## Child, Youth and Family Programs Guide



PROGRAM NAME	AGE	DESCRIPTION
<b>Active Kids</b>	8-12 years	In YMCA Active Kids, activities are well structured, positive and fun, and concentrate on developing the ABC's - agility, balance, coordination and speed. <b>Registered Activity</b>
<b>Birthday Party - Gym</b>	2+ years	Get active celebrating your child's birthday in our gymnasium! Choose between sports and mini gym. Sports includes equipment for basketball, soccer, and hockey. Mini gym includes soft play equipment, slides, ride on toys and a parachute. Geared towards children turning 2 and older for up to 14 guests. All parties require a minimum of 3 adults present for supervision. <b>Reservation required 21 days in advance</b>
<b>Birthday Party - Pool</b>	7+ years	Make a splash celebrating your child's birthday party at the Pool! Includes swimming, private rea on the pool deck (Chilliwack Landing) or birthday party room (Cheam). Geared towards children turning 7 and older, for up to 12 guests. All parties require a minimum of 3 adults present for supervision. <b>Reservation required 21 days in advance</b>
<b>Childminding</b>	3 months – 10 years	YMCA Childminding is available for children ages 3 months – 10 years for parents/guardians to enjoy a workout or meet a friend – child free! Children 3 months to 18 months can stay a maximum of 1 hour; children 19 months to 10 years can stay a maximum of 2 hours. <b>Parent/Guardian must remain in the building.</b>
<b>Family Play Time</b>	0-6 years	Family Play time is a great opportunity to drop in with your children and spend quality time together playing interactive activities. Our playroom is filled with toys and soft play equipment, perfect for building gross motor skills. <b>Parent/Guardian participation required.</b>
<b>Flick &amp; Float</b>	8-12 years	Flick N Float happens once a month on a Friday. Open to kids ages 8-12 years old - enjoy a supervised recreational swim & then relax with a movie and snacks. <b>Registered activity</b>
<b>Growing Mindfully</b>	8-12 years	A 9-week program for ages 8-12 featuring 1 hour of mental wellness discussion focused on mindfulness followed by 1 hour of physical activity and exercise. <b>Registered activity</b>
<b>Halloween at the Y</b>	0-12 years	Celebrate Halloween at the Y! Bring your little ones trick or treating through the leisure centre and enjoy other Halloween themed activities. <b>\$5.00 per child</b>
<b>Indoor Family Playground</b>	0-9 years	Equipment and toys are set be in the gymnasium for families to play physically active games together, climb on the soft play equipment, play sports and more; perfect for building gross motor skills. <b>Parent/guardian participation required.</b>
<b>School's Out! Kids</b>	5-10 years	School's Out! Kids is a half day (9:00am-1:00pm) program designed to keep your children busy and active on a Pro-D day. During the programs children will participate in games, crafts and outdoor activities. <b>Registered activity</b>
<b>Red Cross Babysitter's Course</b>	11-16 years	Learn the basics of being a babysitter. Topics include how to be a responsible leader, caring for children, creating safe environments and more. Delivered by First Aid Hero, a Canadian Red Cross training partner. <b>Registered activity</b>
<b>Red Cross Stay Safe Course</b>	9-14 years	Learn how to stay safe at home and in the community. Topics include preparing for and recognizing unexpected situations, basic first aid skills, and more. Delivered by First Aid Hero, a Canadian Red Cross training partner. <b>Registered activity</b>
<b>Winter Kids</b>	5-12 years	Winter Kids is a ½ day camp style program that provides kids opportunities to be physically active, be creative, and make new friends. Kids will participate in activities, arts and crafts and games inspired by Winter. <b>Registered Activity</b>
<b>Winter Wonderland</b>	0-12 years	Join us for a festive filled Winter Wonderland event including holiday themed crafts, games, treats and a special visit from Santa! <b>\$5.00 per child</b>