

### Room Guide:

(G1) Gym 1 · (G2) Gym 2 · (LC) Large Centre · (YC) Youth Centre  
(R) Reception Centre · (ST1) Studio 1 · (ST2) Studio 2 · (CM) Childminding

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Childminding</b> <i>6 weeks – 5 yrs</i> (R) 10:00am - 12:00pm	<b>Indoor Family Playground</b> <i>Ages 0 – 5 yrs</i> (G2) 10:30-12pm	<b>Childminding</b> <i>6 weeks – 5 yrs</i> (R) 10:00am - 12:00pm	<b>Indoor Family Playground</b> <i>Ages 0 – 5 yrs</i> (G2) 10:30-12pm		<b>Childminding</b> <i>6 weeks – 5 yrs</i> (R) 9:00am – 12:00pm	<b>Bouncy Castle Playground</b> <i>Ages 0 – 12 yrs</i> (G2) 11:00am - 1:30pm
<b>Bouncy Castle Playground</b> <i>Ages 0 – 5 yrs</i> (G2) 10:30am-12pm		<b>Bouncy Castle Playground</b> <i>Ages 0 – 5 yrs</i> (G2) 10:30am - 12pm			<b>Aikido</b> <i>Ages 4-8:</i> (ST1) 9:45am – 10:30am, <i>Ages 9-14:</i> (ST1) 10:45am – 12:00pm	<b>Rock Climbing</b> <i>Ages 6-12</i> (G1) 11:00am – 1:30pm
					<b>Bouncy Castle Playground</b> <i>Ages 0 – 12 yrs</i> (G2) 11:00am - 1:30pm	<b>Tae kwon do</b> <i>Ages 4-6:</i> (ST2) 1:00pm – 2:00pm, <i>Ages 7-11:</i> (ST2) 2:00pm – 3:00pm, <i>Ages 12+:</i> (ST2) 3:00pm-4:00pm
<b>Evening</b>						
<b>Active Play</b> <i>Ages 3-5</i> (G2) 5:15-6:30pm	<b>Active Play</b> <i>Ages 3-5</i> (G2) 5:15-6:30pm	<b>Rock Climbing</b> <i>Ages 6-12</i> (G1) 3:30-5:30pm	<b>Active Play</b> <i>Ages 3-5</i> (G2) 5:15-6:30pm			
<b>Active Brains</b> <i>Ages 6-12</i> (LC) 5:15-6:30pm	<b>Active Brains</b> <i>Ages 6-12</i> (LC) 5:15-6:30pm	<b>Active Play</b> <i>Ages 3-5</i> (G2) 5:15-6:30pm	<b>Active Brains</b> <i>Ages 6-12</i> (LC) 5:15-6:30pm			
<b>Creative Play</b> <i>Ages 3-5</i> (LC) 6:30-7:30pm	<b>Creative Play</b> <i>Ages 3-5</i> (LC) 6:30-7:30pm	<b>Multi Sports</b> <i>Ages 6-12</i> (G1) 5:15-6:30pm	<b>Creative Play</b> <i>Ages 3-5</i> (LC) 6:30-7:30pm			
<b>Multi Sports</b> <i>Ages 6-12</i> (G2) 6:30-7:30pm	<b>Multi Sports</b> <i>Ages 6-12</i> (G2) 6:30-7:30pm	<b>Creative Play</b> <i>Ages 3-5</i> (LC) 6:30-7:30pm	<b>Multi Sports</b> <i>Ages 6-12</i> (G2) 6:30-7:30pm			
<b>Karate</b> <i>Ages 7+</i> (ST1 & G1) 6:30-8:30pm	<b>Youth Drop In</b> <i>Ages 13-18</i> (G1) 6:15pm-7:15pm	<b>Active Brains</b> <i>Ages 6-12</i> (LC) 6:30-7:30pm	<b>Karate</b> <i>Ages 7+</i> (ST1 & G1) 6:30-8:30pm			
<b>Schedule subject to change without notice.</b>				<b><a href="http://gv.ymca.ca/tong-louie-family-ymca">gv.ymca.ca/tong-louie-family-ymca</a></b>		

## Child, Youth and Family Descriptions and Fees

Program	Age	Program Description	Member Fee	Non-Member Fee
<b>Indoor Family Playground</b>	0-12	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 <b>Parent/Guardian supervision is required.</b>	Included in membership	\$10.00/child
<b>Bouncy Castle Playground</b>	0-5	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! <b>Parent/Guardian supervision is required.</b>	Included in membership	\$10.00/child
<b>Active Play</b>	3-5	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.	Included in membership	\$5/child
<b>Creative Play</b>	3-5	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!	Included in membership	\$5/child
<b>Active Brains</b>	6-12	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.	Included in membership	\$5/child
<b>Multi Sports</b>	6-12	Gym time for your active child(ren)! Run, jump, shoot and score while playing a variety of sports related games.	Included in membership	\$5/child
<b>Rock Climbing</b>	6-12	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!	Included in membership	N/A
<b>Childminding</b>	6wks-5	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. <b>Parent/Guardian must stay in the building.</b>	\$3.00 per 30 minutes	\$5.00 per 30 minutes
<b>Karate</b>	7+	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.	\$230 23 sessions	\$287.50 23 sessions
<b>Aikido</b>	4+	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.	\$100 10 sessions	\$125.50 10 sessions
<b>Tae kwon do</b>	4+	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.	\$110 11 sessions	\$137.50 11 sessions