

Room Guide:

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|---|
| Morning | | | | | | |
| Childminding 6 weeks – 5 yrs (R) 10:00-12pm | Indoor Family Playground Ages 0 – 5 yrs (G2) 10:30-12pm | Childminding 6 weeks – 5 yrs (R) 10:00-12pm | Indoor Family Playground Ages 0 – 5 yrs (G2) 10:30-12pm | | Childminding 6 weeks – 5 yrs (R) 9:00-12pm | Indoor Family Playground Ages 0 – 12 yrs (G2) 11:00-1:30pm |
| Indoor Family Playground Ages 0 – 5 yrs (G2) 10:30-12pm | | Indoor Family Playground Ages 0 – 5 yrs (G2) 10:30-12pm | | | Aikido Ages 4-8: (ST1) 9:45am – 10:30am, Ages 9-14: (ST1) 10:45am – 12:00pm | Rock Climbing Ages 6-12 (G1) 11:00-1:30pm |
| | | | | | Indoor Family Playground Ages 0 – 12yrs (G2) 11:00-1:30pm | Tae kwon do Ages 4-6: (ST2) 1:00pm – 2:00pm, Ages 7-11: (ST2) 2:00pm – 3:00pm, Ages 12+: (ST2) 3:00pm-4:00pm |
| Evening | | | | | | |
| Active Play Ages 3-5yrs (G2) 5:15-6:30pm | Active Play Ages 3-5yrs (G2) 5:15-6:30pm | Rock Climbing Ages 6-12yrs (G1) 3:30-5:30pm | Active Play Ages 3-5yrs (G2) 5:15-6:30pm | Soccer Without Borders Ages 5-12yrs (F) 4:00-7:00pm January 16 th – March 6 th | | Kick Like a Girl Ages 4-14yrs (F) 2:00-5:00pm January 11 th – March 1 st |
| Active Brains Ages 6-12yrs (LC) 5:15-6:30pm | Active Brains Ages 6-12yrs (LC) 5:15-6:30pm | Active Play Ages 3-5yrs (G2) 5:15-6:30pm | Active Brains Ages 6-12yrs (LC) 5:15-6:30pm | | | |
| Creative Play Ages 3-5yrs (LC) 6:30-7:30pm | Creative Play Ages 3-5yrs (LC) 6:30-7:30pm | Multi Sports Ages 6-12yrs (G1) 5:15-6:30pm | Creative Play Ages 3-5yrs (LC) 6:30-7:30pm | | | |
| Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm | Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm | Creative Play Ages 3-5yrs (LC) 6:30-7:30pm | Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm | | | |
| Karate Ages 7+ (ST1 & G1) 6:30-8:30pm | Youth Drop In Ages 13-18yrs (G1) 6:15pm-7:15pm | Active Brains Ages 6-12yrs (LC) 6:30-7:30pm | Karate Ages 7+ (ST1 & G1) 6:30-8:30pm | | | |

Schedule subject to change without notice.

gv.ymca.ca/tong-louie-family-ymca

Child, Youth and Family Descriptions and Fees

| Program | Age | Program Description | Member Fee | Non-Member Fee |
|---------------------------------|--------|---|-------------------------|-------------------------|
| Indoor Family Playground | 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 Parent/Guardian supervision is required. | Included in membership | \$10.00/child |
| Bouncy Castle Playground | 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! Parent/Guardian supervision is required. | Included in membership | \$10.00/child |
| Active Play | 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 |
| Creative Play | 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 |
| Active Brains | 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 |
| Multi Sports | 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 |
| Rock Climbing | 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 |
| Childminding | 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. Parent/Guardian must stay in the building. | \$3.75 per 30 minutes | \$7.50 per 30 minutes |
| Karate | 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. | \$275 25 sessions | \$343.75 25 sessions |
| Aikido | 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. | \$132.00 12 sessions | \$165.00 12 sessions |
| Tae kwon do | 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. | \$132 12 sessions | \$165.00 12 sessions |
| Kick Like A Girl! | 4-14 | YMCA is launching a girl's indoor soccer program in collaboration with the Vancouver Whitecaps FC. We are creating a space where girls play hard, shine bright, and belong. | \$55 8 sessions | \$140 8 sessions |
| Soccer Without Borders | 5-11 | YMCA BC and Vancouver Whitecaps FC welcome newcomer youth to connect through soccer! Soccer Without Borders is a co-ed program where you'll learn the game, make new friends, and feel at home, no matter where you're from. All skill levels welcome. | \$55 8 sessions | \$140 8 sessions |