


## NEW FALL PROGRAMS

### Preschool, Children & Youth Program Schedule Effective Monday, September 16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kids Kare</b> 9am-12pm Kids Kare Room	<b>Kids Kare</b> 9am-12pm Kids Kare Room	<b>Kids Kare</b> 9am-12pm Kids Kare Room	<b>Kids Kare</b> 9am-12pm Kids Kare Room	<b>Kids Kare</b> 9am-12pm Kids Kare Rm		
	<b>Pre-School Play</b> 9:30-10:15 Kids Kare Room			<b>Stay &amp; Play</b> 10:30-12:00pm Gym or MP Room	<b>Kidnastics</b> Gym 10:30-11:15am 5-8yrs 11:15-12:15pm 9+	
<b>Basketball Skills &amp; Drills</b> Gym 5-5:30 5-6yrs 5:30-6:15 7-9yrs 6:15-7pm 9-12yrs <b>Drop in Available</b>	<b>Arts &amp; Crafts</b> 5-5:30 4-5yrs 5:45-6:15pm 6-8yrs 6:30-7:15 9-12yrs	<b>Youth Fitness</b> 5:00-6:00pm 10-11yrs <b>Teen Fitness</b> 6:00-7:00pm 12-14yrs Meet in the lobby <b>Drop in available</b>	<b>Kidnastics</b> 5-5:30pm 3-5yrs 5:30-6:15pm 6-8yrs 6:15-7:00pm 9-12yrs			
	<b>Teen Strength</b> Booking available 7:15-8:30pm Contact amanda.quinn@ceo.ymca.ca.	<b>Dodgeball</b> Gym 5:30-6:30 8-12yrs 6:30-7:30 13-15yrs				
		<b>Leaders In Training</b> Multipurpose Room 5:30pm-7:30pm				