


NEW FALL PROGRAMS

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

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