



Child & Youth Programs Winter 2025

Shine On

Preschool, Children & Youth Program Schedule Effective Monday, January 6, 2025

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	Treehouse Open 8am-9:45am & 3pm – 5:30pm	Treehouse Open 8am-9:45am & 3pm – 5:30pm
Dodgeball Gym 5:00-5:45pm Drop in Available		Youth Fitness 5:00-6:00pm 10-11yrs	Floor Hockey 4:00-4:30pm – 5-7yrs 4:30-5:30pm – 8+		Kidnastics Gym 10:30-11:15am 5-8yrs 11:15-12:15pm 9+	
Basketball Skills & Drills Gym 6:00-6:45pm Drop in Available		Teen Fitness 6:00-7:00pm 12-14yrs Meet in the lobby Drop in available		Parents Night Out - Friday, Jan 24 th , Feb 14 th , Mar 21 st , Apr 11 th , May 23 rd , Jun 20 th 5:00pm – 8:45pm PA Day Camps – Jan 31 st , Mar 31 st , May 30 th , Jun 27 th , 8-4:30pm March Break Camp – March 10-14 th , 8-4:30pm		
Teen Strength Booking available 7:15-8:30pm Contact amanda.quinn@ceo.ymca.ca.	Treehouse Open Mon to Thurs 8am – 8pm, Friday 8am-6pm					