

# Youth Programs

6-12 years (unless otherwise noted)

## **Backstage Blunders II** 6 to 9 years

Thursdays 4:30-5:15pm

## **Backstage Blunders III** 10 to 13 years

Thursdays 5:15-6:00pm

Expand on that love for theatre through drama games, set design, script development, and live performances. Develop new friendships and the confidence you need to stand up in front of a crowd. Have fun dressing in costumes and planning a skit to show your family. Participants are encouraged to register for all sessions.

Members \$16.00      Non-Members \$31.00

## **Hip Hop/Jazz II** 6 to 9 years

Mondays 5:00-5:45pm, Tuesdays 4:15-5:00pm,

Saturdays 10:30-11:15am,

This is a cool class! Learn the moves and be creative. Our experienced instructor will have you learning the moves in no time.

Members \$16.00      Non-Members \$31.00

## **Hip Hop III** 10 to 13 years

Saturdays 12:30-1:30pm

Take the next challenge and step up your skills with this amazing class. This is a great work out and opportunity to show your moves.

Members \$16.00      Non-Members \$31.00

## **Kidnastics II** 6 to 9 years

Thursdays 5:00-5:45pm

This is a great program for your child to expand their skills in gymnastics. Your child will develop their floor, vault and balancing skills in a fun and safe environment. Children will have the opportunity to perform their routine on their favorite apparatus at the end of the session.

Members \$16.00      Non-Members \$31.00

## **Kidnastics III** 10 to 13 years

Thursdays 6:00-7:00pm

Advance to the next level and further your skills in this gymnastics program. Work on challenging routines and advanced skills during this program.

Members \$16.00      Non-Members \$31.00

## **Mad Science II** 6 to 9 years

Wednesdays 4:00-4:45pm

Once again our nutty professor has science experiments and crafts ready for you. Whether it is getting all goopy or trying to put things together this program is sure to be lots of fun for the curious and creative.

Members \$16.00      Non-Members \$31.00

## **Soccer II 6 to 9 years**

Mondays 4:00-4:45pm

Learn the game of soccer with kid's your own age. This program includes a few drills and skills and lots of game time.

Members \$16.00      Non-Members \$31.00

## **Soccer III** 10 to 13 years

Mondays 4:45-5:45pm

This program is all about playing the game of soccer. Lots of game time, which means lots of fun!

Members \$16.00      Non-Members \$31.00

## **Volleyball** 9 to 12 years

Mondays 6:00-7:00pm

Learn the basics of volleyball. Try out different skills and have fun with friends.

Members \$16.00      Non-Members \$31.00

## **Hockey II** 6 to 9 years

Saturdays 12:30-1:15pm

Let's play floor hockey. If you like the Great Canadian Sport, there will be lots of game time in this program.

Members \$16.00      Non-Members \$31.00

## **Skipping Club** 6 to 12 years

Sundays 10:00-11:00am

Skipping is a great way to get physically fit while having fun. Participants will learn a variety of rope jumping techniques and skills. This course is great for the beginner or novice skipper.

Members \$16.00      Non-Members \$31.00

## **Y Kids in Action** 6 to 9 years

Saturdays 10:30-12:30pm

Why not work out while you drop your kids off at a fantastic program full of fun on Saturday mornings. Children participate in weekly theme related activities including crafts, games and sports. Please wear appropriate clothes for indoor and outdoor activities.

Members \$17.00      Non-Members \$34.00

## **Chess and Checkers Club** 7 to 12 years

Thursdays 6:00-7:00pm

Come play the amazing game of chess in a relaxing stress free atmosphere. Meet new friends and have fun learning chess and checkers or learn new strategies for your game.

Members \$16.00      Non-Members \$31.00

## **Y Kids Club** 7 to 12 years

Mondays 5:30-7:30pm

Each week participants will take part in an hour of games, crafts and activities and for the second hour participants will take part in an open swim time in the pool with the Y kids club staff. If you are feeling a little too old for Kidskare this is the program for you.

Members \$16.00      Non-Members \$31.00

## **Youth Nights** 7 to 12 years

Fridays 7:00-9:00pm

Check out our brochure available at the front desk. We have a different activity planned for each week. Crafts, games and swim every week. Children swim first and then take parts in lots of planned fun activities.

Members included      Non-Members \$3.00/night

# Youth Programs

## Program Sessions

Winter A - Saturday January 9 to Friday March 5

Winter B - Saturday March 6 to Friday April 30

Spring C - Saturday May 1 to Friday June 25

### Youth Judo 6 to 16 years of age

Mondays 6:30-8:00pm and Saturdays 9:00-10:30am

Your child will learn a popular martial art; develop concentrations, critical thinking and self-discipline through games and fun activities. This is an evaluated program so attendance is important to learn and meet the criteria in order to ensure advancement to the next belt level.

Members \$30.00

Non-Members \$69.00

### Beginner

#### Squash and Racquetball Lessons

7 to 12 years

Saturdays 10:00am-11:00am and 11:00am-12:00noon

Racquetball Lessons Winter A

Squash Lessons Winter B

Learn how to play these popular racquet sports with our very own talented YMCA players and volunteers. Instruction, skill development and game play will be taught each week. Last week will include a special tournament and pizza!

Members \$13.00

Non-Members \$29.00

### Intermediate

#### Racquetball Lessons 7 to 15 years

Mondays 7:00-8:30pm

Have you been through lessons and been playing the game for a while and looking to learn more? Then join our racquetball instructor for an opportunity to improve your skill and further develop your game.

Members \$13.00

Non-Members \$29.00

### NEW AGES Steve Nash Basketball League

5 to 8 years-Wednesdays 5:15-6:00pm, Saturdays 2:30-3:30pm

9 to 13 years-Wednesdays 6:00-7:00pm, Saturdays 3:30-4:30pm

14+ years-Wednesdays 7:00-8:00pm, Saturdays 4:30-5:30pm

We have several qualified staff with excellent basketball and leadership skills ready to teach this league. Staff will bring their experience from rep basketball to teach children the skills and drills of basketball. Wednesdays focus is practicing and drills through a variety of techniques and opportunities. Saturdays is strictly game time. Sportsmanship, equal play time and fun are the focus in this amazing league.

Members: \$16.00

Non Members \$31.00

Note: There is a registration fee of \$45.00per year/child which runs September to June. This paid fee includes a Membership with Basketball Ontario, A Nike dry-fit mesh reversible jersey and a Nike ultra durable vulcanized rubber basketball.

### Red Cross Babysitting Course

11 years and up

Saturday February 6th, Saturday April 10th, and Saturday June 5th 9:00am-4:00pm

Babysitting is a fun and rewarding but also important job. With this course you will have the ability to become a successful babysitter! This course will teach you good decision making and will help you build confidence in your child care injury prevention, and basic first aid skills. You will learn new strategies to provide a safe, healthy and fun environment for children you are babysitting.

Members \$35.00

Non-Members \$50.00

### Leadership Development Program

Tuesdays 7:30- 9:00pm

This is a great way to socialize and make new friends. Youth will have the opportunity to plan their own recreational activities and events to help develop leadership skills. Participants will have the opportunity to lead a fundraising event with proceeds going towards Strong Kids Campaign and an activity of their choice.

Members \$27.00

Non Members \$79.00

Note: There may be additional fees for outings and events

### Teen Adventure Program 14 to 20 years

Wednesdays 6:30-8:00pm

In Partnership with Alternatives Community Programs and Community Living Peterborough. This program is a fun recreational program for teens with special needs. Participants take part in a variety of social activities such as gym, music and outings. A weekly schedule of activities is available at the sales and service desk.

Snacks provided each week.

Members \$50.00

Non Members \$60.00

### Girls Only Club 10 to 15 years old

Saturdays 11:00am-12:00noon

Come out on Saturday mornings for a chance to participate in activities and discussions with other girls on topics such as media, health, and leadership. This program will give you the opportunity to try out different activities such as yoga, crafts, sports, cooking, facials, hair and nails.

Members \$16.00

Non Members \$32.00

### Be Safe - Home Alone

10 years and up

Saturday January 23rd, Saturday March 6th and Saturday May 1st

This new course is being offered to prepare youth with the necessary skills to stay at home alone for the first time. Topics include safety issues, creative snacks and nutrition, responsibility, and basic first aid skills. Participants will be instructed with the guide of a resource manual, discussion and games.

Members \$35.00

Non-Members \$50.00

### Afterschool Program 6 to 13years

January 4 - June 25

Mondays, Wednesdays and Fridays 3:00-6:00pm (3 days per week)

This afterschool program will focus on increasing physical activity levels, knowledge related to healthy food choices, nutrition as well as health and wellness. Participants will also be involved in sports, swimming, games, crafts, homework support, leadership development and much more. Contact Heather Stephens at 748-9642 ext 225 for more information.

Cost \$20.00 per child

Financial assistance is available