

Youth Programs

Ages 6 to 12 years (unless otherwise noted)

Steve Nash Youth Basketball League

Basketball II

5 to 8 years
Tuesdays 5:15–6:00pm and
Saturday 3:30–4:30pm



Basketball III

9 to 13 years
Tuesdays 6:00–7:00pm and Saturdays 4:30–5:30pm

Develop your basketball skills in a league that focuses on equal playing time, basic basketball fundamentals, sportsmanship and life skills. Tuesday will be practice time and Saturday will be game time.

Members \$15.00 Non-Members \$30.00

NOTE: There will be a one time fee of \$45/year that will cover the cost of a Nike dry-fit micro mesh reversible jersey and a Nike ultra durable vulcanized rubber basketball for each participant and Steve Nash program registration. The \$45.00 fee covers a 12 month period.

Soccer II

6 to 9 years
Mondays 4:00–4:45pm

Soccer III

10 to 13 years
Mondays 4:45–5:45pm

Come and enjoy a great intro to soccer with basic skills, ball handling techniques and lots of fun!

Members \$11.00 Non-Members \$26.00

Floor Hockey II

6 to 9 years
Sundays 11:30am–12:15pm

Floor Hockey III

10 to 13 years
Sundays 12:15–1:15pm

Time will be split between skill development drills and playing games.

Members \$11.00 Non-Members \$26.00

Sports Mania II

Wednesdays 4:45–5:30pm

This program will consist of a variety of sports and games. We'll choose a different sport or game each week. Come out, have fun and be active.

Members \$11.00 Non-Members \$26.00

Beginner Squash and Racquetball Lessons

8 to 12 years
Saturdays 10:00–11:00am or 11:00am–12:00pm

Racquetball Lessons: Winter A: January 12 – March 1, 2008
Squash Lessons: Winter B: March 15 – April 26, 2008
Racquetball Lessons: Spring C: May 3 – June 21, 2008

Learn how to play these popular racquet sports from one of our very own talented adult YMCA players. Instruction, skill development and game play will be taught each week. The last week will include a special tournament and pizza!

Members \$11.00 Non-Members \$26.00

Intermediate Racquetball Lessons

7 to 15 years
Mondays 6:00–7:30pm

Winter A: January 14 – March 3, 2008
or Spring C: May 5 – June 23, 2008

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 \$11.00 Non-Members \$26.00

Skipping Club II

6 to 9 years
Sundays 2:15–3:00pm

Skipping Club III

10 to 15 years
Thursdays 7:00–8:00pm or Sundays 1:15–2:15pm

This is an exciting up and coming sport that you won't want to miss! Skippers at all levels will be able to challenge themselves to learn new tricks, gain self-esteem by accomplishing new skills and use their creativity to develop new routines for show to parents/guardians. An opportunity to compete will be available in the spring.

Members \$11.00 Non-Members \$26.00

Youth Judo

Mondays 6:30–8:00pm AND Saturdays 11:00–12:30pm

Your child will learn a popular martial art; improve concentration, critical thinking and discipline. 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 \$25.00 Non-Members \$65.00

Note: There is also a yearly Judo Ontario Membership fee that applies to each participant at time of registration – see sales and service staff for more info. Please direct all inquiries about Judo uniforms to instructors.