




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am-1pm Childminding <i>CYF Semicircle</i>	9:30am-1pm Childminding <i>CYF Semicircle</i>	9:30am-1pm Childminding <i>CYF Semicircle</i>	9:30am-1pm Childminding <i>CYF Semicircle</i>	9:30am-1pm Childminding <i>CYF Semicircle</i>	9:30am-1:00pm Family Playtime <i>CYF</i>	9:30am-1:00pm Family Playtime <i>CYF</i>
9:30am-1pm Indoor Family Playground <i>East Gym</i>						
4:15pm-5:15pm Kid's Futsal <i>East Gym</i>	4pm-5pm Little Spoons <i>CYF Kitchen</i> <i>Check Dates Below</i>		4pm-5pm Kid's Yoga <i>ALS2</i>	4pm-5pm Kid's Zumba <i>ALS2</i>	<p><b>Online Schedules Page</b></p>  <p><b>This schedule is subject to change without notice.</b></p> <p><b>Updated October 1, 2024</b></p>	
4:30pm-7:30pm Childminding <i>Flex</i>	4pm-5pm Crafts <i>CYF</i> <i>Check Dates Below</i>		4:15pm-5:15pm Kid's Basketball <i>East Gym</i>	4pm-7pm Kid's Movie Night <i>CYF</i> <i>Check Dates Below</i>		
4:30pm-7:30pm Family Playtime <i>CYF</i>	4:30pm-7:30pm Family Playtime <i>CYF</i>	4:30pm-7:30pm Childminding <i>CYF Semicircle</i>	4:30pm-7:30pm Family Playtime <i>CYF</i>	4:30pm-7:30pm Family Playtime <i>CYF</i>		
	7:30pm-8:30pm Karate <i>ALS2</i>		7:30pm-8:30pm Karate <i>ALS2</i>			

Program	Age	Program Description	Member Fee	Non-Member Fee
Family Playtime	0-12	Our play room is filled with toys and soft play equipment, perfect for developing essential growth-motor skills and learning to play and share with friends. <b>Parent/Guardian supervision is required.</b>	Included in membership	\$5.00
Indoor Family Playground	0-12	The perfect way for children to develop essential gross-motor skills like walking, running, jumping & throwing. Soft play, climbing bouncing and riding equipment are provided offering a variety of exciting options to your child. <b>Parent/Guardian supervision is required.</b>	Included in membership	\$5.00
Childminding	6wks-5	Enjoy a workout or a break at the cafe while your child is in the capable hands of trained YMCA staff. Additional fees and advanced registration on the community portal apply. <b>Parent/Guardian must stay in the building.</b>	\$3.00 per 30 minutes	\$5.00 per 30 minutes
Little Spoons	2-6	A fun and educational cooking activity! Additional fees and advanced registration on the community portal apply. <b>Parent/Guardian involvement and supervision is required for children under 4 yrs.</b>	\$8.00	\$12.00
		October 8 & 22		
Crafts	2-6	Is a creative and hands-on program designed for children. They can explore various artistic activities and develop their creativity. <b>Parent/Guardian involvement and supervision is required for children under 4 yrs.</b>	Included in membership	\$5.00
		October 1 & 15 & 29		
Movie Night	4-12	A spectacular time in the magical world of children's cinema! We invite children to come and enjoy a movie & snacks with their peers. Additional fees and advanced registration on the community portal apply. Children and youth must be able to go to the washroom on their own. All snacks are peanut free. Parents/guardians do not need to stay on site.	\$25.00 <i>Sibling discounts available</i>	\$35.00
		October 25		
Kid's Futsal & Basketball	6-12	Your child will enjoy themselves, meet friends, and learn the importance of fair play via fundamental sports throughout this program. While playing, kids would run, jump, shoot, and pass. Advanced booking on the YMCA BC app is required.	Included in membership	\$10.00
Kid's Yoga	6-12	A fun and engaging way for children to learn the basics of yoga through playful activities and simple poses. Advanced booking on the YMCA BC app is required.	Included in membership	\$10.00
Kid's Zumba	6-12	This class is an energetic and fun fitness program designed specifically for children. It combines dance, music, and exercise to create an engaging and enjoyable workout experience. <b>Advanced booking on the YMCA BC app is required.</b>	Included in membership	\$10.00
Karate	10+	Exercise and sport activity for child, youth and adults 10 years old and up. Our Karate instructors are black belt masters. <b>Preregistration is required.</b>	\$220	\$330
		Each Tuesday and Thursday from October 1 to December 12 in ALS2		