



# Child, Youth, and Family Program Schedule

Winter 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>MORNING</b>							<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Family Games Galore</b> Ages 0-12 10:00-12:00 <i>Childminding</i></p> </div> <div style="width: 45%;"> <p><b>Child Minding</b> 6 wks - 5 yrs 9:00-12:00 <i>Reception</i></p> </div> </div>		
							<p><b>Aikido</b> Ages 4-8: 9:45am-10:30am Ages 9-14: 10:45am-12:00pm <i>Studio 1</i></p>		
	<p><b>Rock Climbing</b> Ages 6-12 11:00-1:30 <i>Gym 1</i></p>	<p><b>Indoor Family Playground</b> 0-12 yrs 11:00-1:30 <i>Gym 2</i></p>	<p><b>Bouncy Castle Playground</b> 0-5 yrs 10:30-12:00 <i>Gym 2</i></p>	<p><b>Child Minding</b> 6 wks - 5 yrs 10:00-12:00 <i>Reception</i></p>	<p><b>Indoor Family Playground</b> 0-5 yrs 10:30-12:00 <i>Gym 2</i></p>		<p><b>Indoor Family Playground</b> 0-12 yrs 11:00-1:30 <i>Gym 2</i></p>		
<b>AFTERNOON</b>									
	<p><b>Tae Kwon Do</b> Ages 4-6: 1:00pm-2:00pm Ages 7-11: 2:00pm-3:00pm Ages 12+: 3:00pm-4:00pm <i>Studio 2</i></p>	<p><b>Youth Basketball</b> Ages 10-18 3:30-5:15 <i>Gym 2</i></p>	<p><b>Youth Basketball</b> Ages 10-18 3:30-5:15 <i>Gym 2</i></p>	<p><b>Rock Climbing</b> Ages 6-12 3:30-5:30 <i>Gym 1</i></p>	<p><b>Youth Basketball</b> Ages 10-18 3:30-5:15 <i>Gym 2</i></p>		<p><b>Youth Night</b> Ages 13-18 4:00 - 7:00 <i>Gymnasium</i> <i>TBD</i></p>		
		<p><b>Active Play</b> Ages 3-5 5:15-6:30 <i>Gym 2</i></p>	<p><b>Active Brains</b> 6-12 yrs 5:15-6:30 <i>Large Centre</i></p>	<p><b>Active Play</b> Ages 3-5 5:15-6:30 <i>Gym 2</i></p>	<p><b>Active Brains</b> 6-12 yrs 5:15-6:30 <i>Large Centre</i></p>	<p><b>Active Play</b> Ages 3-5 5:15-6:30 <i>Gym 2</i></p>	<p><b>Active Brains</b> 6-12 yrs 5:15-6:30 <i>Large Centre</i></p>		
		<p><b>Creative Play</b> Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></p>	<p><b>Multi Sports</b> 6-12 yrs 6:30-7:30 <i>Gym 2</i></p>	<p><b>Creative Play</b> Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></p>	<p><b>Multi Sports</b> 6-12 yrs 6:30-7:30 <i>Gym 2</i></p>	<p><b>Creative Play</b> Ages 3-5 yrs 6:30-7:30 <i>Youth Centre</i></p>	<p><b>Active Brains</b> 6-12 yrs 6:30-7:30 <i>Large Centre</i></p>	<p><b>Creative Play</b> Ages 3-5 yrs 6:30-7:30 <i>Large Centre</i></p>	<p><b>Multi Sports</b> 6-12 yrs 6:30-7:30 <i>Gym 2</i></p>
<b>EVENING</b>									
		<p><b>Karate</b> Ages 7+ 6:30 - 8:30 <i>Studio 1 / Gym 1</i></p>	<p><i>Returns February 4!</i> <b>eSports Pilot Program</b> Ages 6 - 13 Limited spaces, Registration required 5:30pm - 7:30pm <i>Classroom 4</i></p>			<p><b>Karate</b> Ages 7+ 6:30 - 8:30 <i>Studio 1 / Gym 1</i></p>			

Drop In Programs	<p>Please note the following: Youth Programs will be limited on all Statutory Holidays.</p> <p>For the most up to date schedule information, please visit our website: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.</p> <p>Revised: January 6, 2025 Schedule in effect: January 6, 2025</p> <p style="text-align: center; background-color: yellow;">Please note: There will now be a minimum, 10 minute set-up period for all programs taking place in the Gymnasium. All scheduled times must be adhered to.</p>	
Parent Participation Program		
Registered Program		
Childminding		
Rock Climbing		



# Child, Youth, and Family Program Descriptions

INCLUDED WITH MEMBERSHIP	<b>Bouncy Castle Playground</b>  0 - 5 Years	<b>Mondays and Wednesdays</b> 10:30am - 12:00pm	Our Indoor Family Playground with the addition of a Bouncy Castle! Play, run & bounce while meeting other families in the community. Soft play equipment, blocks, and ride on toys are available for your child(ren)'s play discovery!  Parent involvement required. Drop in fee for non-members is \$10/child
	<b>Indoor Family Playground</b>  0 - 12 Years	<b>Tuesdays and Thursdays</b> 10:45am - 12:15pm  <b>Saturdays and Sundays</b> 11:00am - 1:30pm	Play discovery is encouraged while meeting other families in the community. Soft play equipment, balance beams, blocks, and ride on toys are available for your child(ren)'s enjoyment  Parent involvement required. Drop in fee for non-members is \$10/child
	<b>Active Play</b>  3 - 5 Years	<b>Mondays to Thursdays</b> 5:15pm - 6:30pm	Playing and exploring is more fun with friends. Active Play helps kids improve coordination, agility and balance while engaging in activities with other kids in their age group.
	<b>Active Brains</b> 6 - 12 Years	<b>Mondays to Thursdays</b> 5:15pm - 6:30pm	Get the creative juices flowing working with blocks and arts and crafts. This program helps your child(ren) interact, think creatively and problem solve with others in a quiet setting.
	<b>Creative Play</b>  3 - 5 Years	<b>Mondays to Thursdays</b> 6:30pm - 7:30pm	It's easy to learn when you're having fun! Get creative & explore through a variety of activities to help develop fine motor skills & hand eye coordination.  Activities like puzzle games, cooperative games, circle time & more!
	<b>Multi Sports</b>  6 - 12 Years	<b>Mondays to Thursdays</b> 6:30pm - 7:30pm	Gym time for your active child(ren)! Run, jump, shoot and score while playing a variety of sports related games.
	<b>Family Games Galore</b> Ages 0 - 12 years	<b>Saturdays</b> 10:00am - 12:00pm	Join us for some friendly family board game fun! Make your move against fellow family members or challenge another family to a game!
	<b>Rock Climbing</b> Ages 6+	<b>Wednesdays</b> 3:30pm - 5:30pm <b>Sundays</b> 11:00am - 1:30pm	Great for climbers of all ages and skill levels.  Complete one of 7 climbs with one of our belayers supporting you as you climb the wall and rappel down!
	<b>eSports Pilot Program</b> Ages 6-13	<b>Tuesdays</b> 5:30pm - 6:30pm 6:30pm - 7:30pm	Come put on your game face, hone your skills, and have fun while developing new friendships through the power of technology.  Spaces are limited, pre-registration required.
	ADD ONS	<b>Childminding</b>  6 Weeks - 5 Years	<b>Mondays and Wednesdays</b> 10:00am - 12:00pm  <b>Saturdays</b> 9:00am - 12:00pm
REGISTERED PROGRAMS	<b>Karate</b>  Ages 7+	<b>Mondays and Thursdays</b> 6:30pm - 8:30pm	Karate will focus on the traditional teachings of the martial art and includes two structured karate lessons per week led by a professional instructor from Downtown Shotokan Karate. As students and participants progress through the sessions, they may be invited to attend additional sessions.
	<b>Aikido</b> Ages 4+	<b>Saturdays</b> Ages 4-8: 9:45 - 10:30am Ages 9-14: 10:45 - 12pm	In a physically active and cooperative learning environment, children learn the martial art Ki-Aikido. As they grow, they learn how to apply these lessons to all activities: school, play, sports, and relationships. Children are taught how to concentrate, how to relax without losing power, maintain good posture and to approach challenges with a positive outlook.
	<b>Tae Kwon Do</b> Ages 4+	<b>Sundays</b> Ages 4-6: 1:00 - 2:00pm Ages 7-11: 2:00 - 3:00pm Ages 12+: 3:00 - 4:00pm	Program is designed to run in a safe and fun environment. Students will be learning TaeKwonDo as an Olympic sport, participate in provincial tournament if interested, and received world recognized certificate upon reaching their black-belt level. Throughout our program, students are expected to gain physical strength, stamina, focus, leadership and confidence.