



OC Beauty Suds and Scrubs Workshop

Ages 4-6 Tuesday 5:00-5:45pm

Ages 7-12 Tuesday 6:00-7:00pm

Join us for the 5 week Sud and Scrubs Workshop at the YMCA, in partnership with OC Beauty! Get ready for some hands-on fun as you create your very own custom natural body care products. Each session, you'll craft something new—whether it's a silky lotion, a fizzy bath soak, a cool face mask, or a yummy-smelling sugar scrub, you get to take your unique creation home to enjoy. Plus, as a special treat, you receive a 15% discount on a one-time purchase at OC Beauty while you're enrolled in the program. Let's get creative and have a blast together!

Week 1: Bath Dust Party

Week 4: Facemask making

Week 2: Lotion Making

Week 5: Sugar Scrub Making

Week 3: Bath Soak Making

Members: \$100.00 *No Refunds*

Youth Fun Zone

Ages 6-12 Tuesday 6:15pm-7:00pm

Welcome to our Youth Fun Zone! Kids ages 6-12 yrs will embark on a wild adventure of shuffleboard showdowns, bowling bonanza, and boccee ball brilliance. Dive into a world of wacky games, quirky obstacle courses, silly sports & creative challenges. It's a play paradise where every week brings new games and giggles - turning ordinary Tuesday evenings into extraordinary escapades of joy and excitement!

Non-members: \$95

Strong ME!

Ages 10-12 Saturday 11:30am-12:15pm

Our Strong ME! Fitness Class is designed to empower young girls through fitness. This program focuses on teaching the fundamentals of exercise, including proper form for essential movements like squats, planks, and curls as well as understanding the basics of reps, sets, and selecting the right resistance. In addition to building physical strength, we'll work on boosting self-confidence through positive affirmations, goal setting, and positive self-talk. This class offers a supportive space for girls to grow both physically and mentally.

Strength Build

Ages 10-12 Saturday 10:30am-11:15am

Strength Build is a fitness class designed to help boys build strength and confidence through fitness. This program focuses on teaching boys the fundamentals of exercise like reps, sets, resistance selection, and understanding muscle groups. Participants will learn the importance of correct form, and how to safely use various equipment like dumbbells, body bars, and kettlebells. In addition to building strength, this class encourages developing a healthy lifestyle from a young age. Boys will gain valuable skills that promote physical fitness and help improve self-image.

Teens Foundations of Fitness

Ages: 13-15 Saturday 11:30am-12:45pm

Ages: 13-15 Saturday 12:45pm-2:00pm

Unlock your potential with our dynamic "Teen Foundations of Fitness" program! Participants will learn essential gym rules and etiquette, gaining confidence and comfort in any fitness setting. Our engaging environment encourages teens to challenge themselves with heavier resistance and varied exercises, making fitness fun and rewarding. This program provides a solid introduction to proper exercise form and diverse workout styles with the use of equipment like dumbbells, kettlebells, barbells, TRX, and machines.

Jr. Floor Hockey Hype Squad

Ages 6-8 Thursday 5:00pm-5:45pm

Join us for an exciting program designed to help children build physical literacy, boost their confidence, and learn the basics of floor hockey! Participants will engage in fun and interactive drills that teach essential skills like stick handling, shooting, and passing. Through a mix of games and activities, children will not only improve their skills but also gain an understanding of the rules and teamwork involved in hockey.

Non-members: \$95.00

Sr. Floor Hockey Hustle

Ages 9-12 Thursday 6:00pm-7:00pm

Get ready to hit the floor with our Sr. Floor Hockey Hustle, where young athletes aged 9-12 can sharpen their skills and have a blast! This program is all about building sportsmanship, enhancing hockey techniques, and playing exciting scrimmages whenever possible. Our coaches create a fun and supportive environment where kids can improve their game, boost their confidence, and form lasting friendships. Each session is packed with skill drills, teamwork challenges, and plenty of opportunities to put their abilities to the test in friendly matches.

Non-members: \$95.00

Jr. Goal Getters Soccer

Ages 6-8 Wednesday 5:00pm-5:45pm

Welcome to the Jr. Goal Getters program! This program focuses on developing physical literacy, building confidence, and introducing the fundamentals of soccer in a fun and engaging way. Each session is filled with fun drills, creative games, and teamwork exercises that help children understand the basics of soccer. We emphasize learning through play, ensuring that every child enjoys the experience while gaining valuable skills on and off the field.

Non-members: \$95.00

Registration for Fall programs opens on **September 9th** (members), **September 11th** (non-members)

Sr. Kickstars Soccer

Ages 9-12 Wednesday 6:00pm-7:00pm

Get ready to kick it into high gear with our Sr. Kickstars Soccer program! Designed for kids aged 9-12, this program focuses on building confidence and soccer skills through exciting drills and friendly scrimmages. Our experienced coaches create a supportive and fun environment where players can sharpen their techniques, make new friends, and share plenty of laughs. Each session is packed with engaging activities, teamwork challenges, and opportunities to showcase their skills in a playful, game-filled atmosphere. Join us for a season of soccer fun and memorable moments!

Non-members: \$95.00

Jr. Dribblers Basketball

Ages 6-8 Tuesday 5:00pm-5:45pm

This program is designed to foster physical literacy in children, build their confidence, and introduce them to the game of basketball. Participants will engage in fun and interactive drills that teach the fundamentals of basketball, including dribbling, shooting, and basic game rules. Through a supportive and energetic environment, children will not only develop their physical skills but also learn teamwork and sportsmanship.

Non-members: \$95.00

Sr. Swish Squad Basketball

Ages 9-12 Tuesday 6:00pm-7:00pm

This dynamic program is designed for kids aged 9-12 who want to boost their confidence, refine their skills, and have a blast on the court. Each session is packed with engaging drills, skill-building exercises, and friendly scrimmages, all while fostering teamwork and making new friends. Our coaches create a fun, supportive atmosphere where laughter and game enjoyment are just as important as improvement. Join us for a season of exciting basketball action, skill enhancement, and memorable moments with your teammates!

Non-members: \$95.00

Sr. Volleyball Squad

Ages 9-12 Tuesday 5:00pm-6:00pm

Dive into the Sr. Volleyball Squad where kids aged 9-12 get to experience the thrill of volleyball in a fun and dynamic setting! With a focus on skill-building and teamwork, kids will learn the fundamentals of the game through fun drills, exciting matches, and friendly competition. Our energetic coaches create an engaging environment where players can improve their techniques, build confidence, and make new friends on the court. Join us for a season of volleyball action that's packed with energy, excitement, and endless fun!

Non-members: \$95.00

Tuck & Tumble

Ages 3-4 Wednesday 5:00pm-5:30pm

Friday 5:00pm-5:30pm

Saturday 10:30am-11:00am

Get ready to jump, roll, and wiggle in our super fun gymnastics adventure! In this playful program, you'll learn to balance, stretch, and grow strong like a superhero while practicing fun moves on the soft, squishy floor. It's all about having a great time and discovering your inner gymnast with lots of giggles along the way!

Members: \$30.00, Non-members: \$95.00

Cartwheels & Kicks

Ages 5-6 Wednesday 5:30pm-6:00pm

Friday 5:30pm-6:00pm

Saturday 11:00am-11:30am

In this exciting gymnastics program, you'll master awesome moves like cartwheels, kicks, and more while building super strength, amazing balance, and flexibility. Get ready to tumble, twist, and turn on the floor as you learn cool new skills and become a gymnastics superstar!

Members: \$30.00, Non-members: \$95.00

Jr. Gymnastics

Ages 7-8 Wednesday 6:15pm-7:00pm

Friday 6:15pm-7:00pm

Saturday 11:45am-12:30pm

Welcome to Jr. Gymnastics—where the fun flips into action! In this exciting program, you'll learn to leap, stretch, and balance like a true gymnast while building up your strength and flexibility. Get ready to conquer cool moves and challenge yourself with awesome floor exercises that will have you feeling like a gymnastics champ in no time!

Members: \$55.00, Non-members: \$110.00

Sr. Gymnastics

Ages 9-12 Saturday 12:30-1:30pm

Step up your game with Sr. Gymnastics! This program is all about pushing your limits and mastering the essentials of gymnastics. You'll develop serious balance, flexibility, and strength while perfecting those key skills through dynamic floor exercises. Whether you're working on your flips, jumps, or powerful routines, you'll have a blast challenging yourself and reaching new heights in your gymnastics journey! Located in our Activity Centre.

Members: \$60.00, Non-members: \$160.00

Introduction to Martial Arts

Ages 5-7 Wednesday 6:00pm-6:30pm

Ages 8-12 Wednesday 6:30pm-7:00pm

Ages 13-16 Wednesday 7:00pm-7:45pm

Fun and Fitness go together. This program offers your child basic martial art skills. Participants will learn leadership skills as they take part in character building games to make learning fun. They will learn how to be team players and how to make good friends. This program has a focus, self confidence, discipline, physical awareness, and respect. This 10 week program is designed to motivate students and encourage them in a positive way.

Members: \$55.00

We are pleased to partner with Soo Dan Hap-Ki-Do Cornacchios Martial Arts Centre to offer this programming. Grandmaster Peter Cornacchio - 50 years of experience and President of the Canadian MooMooKwan Hapkido Korean Federation South Korea, Grandmaster Tracey Cornacchio - 20 years of experience and Chairman Canadian MooMooKwan Hapkido Korean Federation.

All programs included in your YMCA Membership unless stated otherwise. There is no programming on statutory holidays.

All registered programs are non-refundable, including cancelled classes due to uncontrolled closures or other reasons beyond the control of the SSM YMCA.