

Our Mission

The YMCA of Sarnia-Lambton will be the recognized leader in building strong kids, strong families and strong communities.

Our Vision

The YMCA of Sarnia-Lambton is a charitable organization dedicated to the enrichment of the community through the growth and development of people in spirit, mind and body.

Our Core Values

Caring, Honesty, Respect, Responsibility

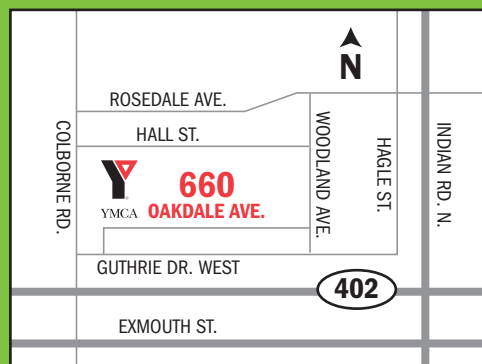
YMCA Strong Kids Campaign

Through the YMCA Strong Kids Campaign, the YMCA reaches out to children, teens, and families who are unable to afford the full cost of participation in a YMCA program or activity in our community. By giving to the YMCA Strong Kids Campaign, you're helping us build strong kids, strong families and strong communities.

Visit www.strongkids.ca for more information.

Office located at:

Esso YMCA Learning & Career Centre
660 Oakdale Avenue, Sarnia, ON N7V 2A9



519-336-5950 Ext. 236

For your appointment please bring your children(s) Health Card(s).



YMCA

We build strong kids,
strong families, strong communities.

YRASP

Youth Recreation and Sports Program

ACTIVITIES FOR YOUTH IN RECEIPT OF
LAMBTON COUNTY SOCIAL ASSISTANCE



ESSO YMCA LEARNING & CAREER CENTRE



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YRASP

Youth Recreation and Sports Program

Art
Swimming
Gymnastics
Scouts
Dance
Hockey
Judo
Basketball
Drama
Leadership
Music
Badminton
Yoga
Baseball
Golf
Fastball
Football
Skating
Crafts
Volleyball
Tennis
Lacrosse
Boxing
Cadets
Aerobics
Cooking
Girl Guides
Day Camp
Karate
Kung Fu
Bowling
Figure Skating
Soccer
Running

Programs may vary depending on availability



Benefits

- Children who participate in organized leisure and sport activities perform better scholastically, socially and grow into healthier adjusted adults.
- Recreational activities develop children's self-esteem, responsibility, sharing, teamwork and sense of belonging.
- Participation in recreational activities provides children with an opportunity to develop physically, socially and emotionally.

Supporting Community Organizations

Bluewater Gymnastics Club
Bluewater Boxing Club
Bluewater Tae Kwon Do
Canadian Martial Arts Academy
City of Sarnia Community Services
Elite Dance Academy
Girl Guides of Ontario
Point Edward Skating Club
RBC Centre
Sarnia Boys' Soccer Club
Sarnia Girls' Soccer Club
Sarnia Minor Athletic Association
Sarnia Minor Hockey Association
Sarnia Starfires Girls' Hockey
Scouts Canada
YMCA of Sarnia Lambton

Sponsored by the YMCA of
Sarnia-Lambton
and the County of Lambton,
Social and Children Services
Division



Are you eligible?

Families are eligible if:

- You have children between ages 0-17 years
 - You receive social assistance from the County of Lambton:
 - Ontario Works
 - Subsidized Childcare *
 - R.G.I. Housing
- * salary ceilings may apply

For more information call:
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