

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

How to register:

Pick up a registration form at any of the four YMCA locations listed in this brochure. Complete and return the registration form on or before the first day of program attendance.

**For more information call:
519-336-5950 Ext. 245**



YMCA

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strong families, strong communities.

HEALTHY HABITS

Hands-on learning and fun activities that promote health and wellness among children and youth

• AFTER SCHOOL PROGRAM •



ESSO LEARNING & CAREER CENTRE



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Program Information

Free activities for children and youth in
Grades 1-12

Monday to Friday
3:00pm to 6:00 pm

Four convenient YMCA locations

Healthy after school snack
provided each day

* Participants must register
on/before first day of attendance
(see registration form)

Sponsored by the YMCA of Sarnia-Lambton
and funded by Ministry of Health Promotion
and is free of charge



Learn more about:

Health and Wellness

Keeping active

Eating healthy

Food/Nutrition

Body Image

Self Esteem

Cultural activities

Personal well being

Stress Management

Physical activity

Benefits:

- Healthy living and active lifestyles
- Increased physical activity
- Healthy food choices and proper nutrition
- Improved self esteem and confidence
- Personal health and wellness

YMCA Locations

YMCA Our House
914 Confederaton Street
Sarnia, ON N7T 1E9

YMCA Friendship House
681 Roger Street,
Sarnia, ON N7S 2S8

Little Friends Child & Family Development Centre
295 Essex Street,
Sarnia, ON N7T 4S3

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

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