

PRESCHOOL & YOUTH

January 1 - June 17, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Playzone 8:30 - 11:00am 3mos - 7yrs	Playzone 8:30 - 11:00am 3mos - 7yrs	Playzone 8:30 - 11:00am 3mos - 7yrs	Playzone 8:30 - 11:00am 3mos - 7yrs	Playzone 8:30 - 11:45am 3mos - 7yrs	Playzone 9:00 - 12:00pm 3 mos - 3yrs		MODIFIED SCHEDULES
	Indoor Playground 10:00 - 11:00am 3 - 7 yrs Gym			Indoor Playground 10:00 - 11:00am 3 - 7 yrs Gym	Y Kinder Kids 9:00 - 12:00pm 3 - 5 yrs Multi-purpose Room		Holiday Break December 24, 2011 - January 8, 2012
Indoor Playground 4:15 - 5:45pm 1 - 6 yrs* Gym A&B	Rec. Dance 4:30 - 5:15pm 3-5 yrs / 6-8 yrs Studio	Fun Fit 4:30 - 5:25pm 10-13 yrs Fitness Studio	Drop-in Sports 4:30 - 5:30pm 6-8 yrs / 9-12 yrs Gym A&B		Y Kids Club 9:00 - 12:00pm 6-8 yrs / 9-12 yrs Gym B&C		Family Day February 20, 2012
	Gym Games Night 5:15 - 7:00pm 6-8 yrs / 9-12 yrs Gym A&B		Y Kids 5:30 - 6:30pm 6-8 yrs / 9-12 yrs Multi-Purpose		H.E.A.T. 10:00 - 11:00am 12 - 15 yrs Wellness Centre	Birthday Party Package 1:30 - 3:30pm	NO PROGRAMS Thanksgiving Day October 10, 2011
Playzone 5:15 - 8:30pm 3 mos - 7 yrs	Playzone 5:15 - 8:30pm 3 mos - 7 yrs	Playzone 5:15 - 8:30pm 3 mos - 7 yrs	Playzone 5:15 - 8:30pm 3 mos - 7 yrs	Playzone 5:15 - 6:30pm 3 mos - 7 yrs	Birthday Party Package 1:30 - 3:30pm		Christmas Eve December 24, 2011 Christmas Day CLOSED
Y Kids 5:30 - 7:30pm 6-8 yrs / 9-12 yrs Multi-Purpose	Energy Workout 5:30 - 6:30pm 10 - 13yrs Energy Zone	Gym & Swim 5:15-7:00pm 6-8 yrs / 9-12 yrs Gym	Youth Circuit 5:30 - 6:30pm 10 - 13yrs Wellness Centre	Flick & Float 6:30 - 9:00pm 6 - 12 yrs Multi-purpose Room & Pool	Birthday Party Package 2:00 - 4:00pm		Boxing Day December 26, 2011 New Year's Eve December 31, 2011
Beginner Karate* 6:00-7:00pm 9 - 12 yrs Gym A	H.E.A.T. 6:30 - 7:30pm 12 - 15yrs Wellness Centre		Beginner Karate* 6:00-7:00pm 6 - 8 yrs Gym A				New Year's Day January 1, 2012 Good Friday April 6, 2012 Victoria Day May 21, 2012
	Volleyball 7:00-8:00pm 9 - 12 yrs Gym B&C	Soccer 7:00 - 8:00pm 6-8 yrs / 9-12 yrs Gym A&B	Intermediate Karate* 7:00-8:00pm 8 - 13 yrs Gym A	Birthday Party Package 7:00 - 9:00pm		Call to book your child's party! 519-360-9622	

*Under 3 yrs must be accompanied by a parent

Play Zone (Ages 3 mos. to 7 yrs.)

A supervised drop in program that incorporates the YMCA's three guiding principles to create positive outcomes for children – Play, Relationships & Health. While parents/guardians are participating in their own workout, group fitness class or program within our facility, your child will be exploring through play, building connections with friends and being physically active. We encourage you to pack a healthy snack for your child to enjoy while they are in our care. *Program is included in every child and family Membership. Non-members may participate by purchasing a Visitor's Pass.*

Location: Play Zone

Monday - Thursday: 8:30 - 11:00am; 5:15 - 8:30pm, Friday 5:15 - 6:30pm; Saturday 9:00 - 12:00pm

Hours of Operation

Regular Hours - Effective Sept 5 - June 17, 2012

Monday - Friday	5:00am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	8:00am - 6:00pm
Holidays	9:00am - 4:00pm

All program areas will close 15 minutes prior to facility closing.

Safety of Children

To ensure the safety and appropriate supervision of children while at the YMCA, children under the age of 10, must be either attending a supervised YMCA program or be under the direct supervision and within arm's reach of an adult guardian at least 14 years of age. This policy includes Open Swim, Open Gym and Energy Zone. Children have access to a courtesy telephone at the Membership Desk.

Recreational Dance (Ages 3-5 & 6-8 yrs)

Hear the music and move your body. "Dance like no one is watching!" It's all about music and movement.

Location: Fitness Studio
Tuesday: 4:30 - 5:15pm

Non-members welcome with the purchase of a Visitor's Pass.

Drop-In Sports (Ages 6-8 & 9-12 yrs)

Come and join us for a different sport each time. Features sports include basketball, soccer, badminton, volleyball, floor hockey and others you may not have tried. All equipment provided.

Location: Gym A&B
Thursday: 4:30 - 5:30pm

Non-members welcome with the purchase of a Visitor's Pass.

Family Wellness Time (Ages 10 - 13 yrs)

This time is designated for parents and children to work out together in our Wellness Centre. Members only.

Location: Wellness Centre
Saturday & Sunday: 3:00 - 5:00pm

Flick & Float (Ages 6 - 12 yrs)

A weekly ritual with friends that includes a swim and a family-friendly movie. Bring a healthy snack.

Parents/Guardians must Sign-In and Sign-Out their child(ren).

Members: Included / Non-Members: \$10/visit
Location: Multi-Purpose Room
Friday: 6:30pm - 9:00pm

Fun Fit (Ages 10 - 13 yrs)

Get active with fun music & activities. Classes use drums, balls, mats, trampolines, and lots of other equipment to get active and have fun doing it.

Location: Fitness Studio
Wednesday: 4:30 - 5:25pm

Gym Games Night (Ages 6-8 & 9-12 yrs)

Something for everyone in this night of fun and games. Come join us and see non-competitive group games in a whole new light.

Location: Gym A
Tuesday: 5:15 - 7:00pm

Non-members welcome with the purchase of a Visitor's Pass.

H.E.A.T. ** (Ages 12 - 15 yrs)

Understanding the basics of using wellness equipment, etiquette and basic training principles, and nutrition in the wellness centre are key to building lifelong habits for Healthy, Energized and Active Teens. This program is meant to establish the basic understanding to ensure that H.E.A.T. participants can safely and effectively participate in a conditioning program within the wellness centre. Participants earn "wellness access" once they complete the required sessions.

Program begins the first week of every month.
Members: No charge. Register at Membership Services Desk.

Location: Wellness Centre
Tuesday: 6:30 - 7:30pm
Saturday: 10:00 - 11:00am

Indoor Playground (Ages 1 - 6 yrs)

Drop in with the whole family and join your kids as they run, jump, climb and balance on a variety of age appropriate equipment.

** Children under the age of 3 must be accompanied by an adult or youth over the age of 14 years . Non-members welcome with the purchase of a Visitor's Pass*

Location: Gym A & B
Monday: 4:30 - 6:00pm
Tuesday, Wednesday, Friday: 10:00 - 11:00am

Karate* - Beginner (Ages 6-8 & 9-12 yrs)

This classic Karate class instructs self-defense and basic blocks, kicks and striking techniques, developing accuracy, balance and flexibility. Students develop a competitive focus balanced with a history and proper purpose of karate, self-defense techniques, kata (forms), warm-up and stretching.

Registration required (limited space); Members only; included in youth membership

Winter 10 week session starting Monday January 16th, 2012
Spring 10 week session starting Monday April 9th, 2012

Monday: 6:00-7:00pm for ages 9-12 yrs.
Thursday: 6:00-7:00pm for ages 6-8 yrs.



Karate* - Intermediate (Ages 8 - 13 yrs)

A solid foundation in the basic skills is required as instructed by Sensei Whittal

Registration required (limited space); Members only; included in youth membership. Prerequisite of Beginner Karate required.

Winter 10 week session starting Monday January 16th, 2012

Spring 10 week session starting Monday April 9th, 2012

Thursday: 7:00-8:00pm for ages 8-13 yrs.

Soccer (Ages 8-12 yrs)

This non-competitive indoor soccer program focuses on fundamental skills and game techniques while encouraging teamwork and fair play.

Location: Gym

Wednesday: 7:00 - 8:00pm

Non-members welcome with the purchase of a Visitor's Pass.

Y Kids Club (Ages 6 - 12 yrs)

This popular program includes a variety of different activities each week. Please remember to pack a snack.

Location: Multi-Purpose Room

Monday: 5:30 - 7:00pm

Thursday: 5:30 - 6:30pm

Saturday: 9:00-12:00pm

Non-members welcome with the purchase of a Visitor's Pass.

Youth Circuit (Ages 10-13 yrs)

Effective, full body workout for those aged 10-13 years. Initial orientation sessions required. Members only.

Thursday: 5:30-6:30pm

Location: Wellness



Y Kinder Kids Club (Ages 3 - 5 yrs)

Kids direct their own play by exploring various games, crafts, and activities in this popular action packed program. Please remember to pack your child a snack.

Location: Multi-Purpose Room

Saturday: 9:00am - 12:00pm

Non-members welcome with the purchase of a Visitor's Pass.

Youth Enrichment Programs

Babysitter Training (Ages 11+ yrs)

Designed to increase confidence and provide hand on experience and skills needed to be a good babysitter.

Members: \$40 / Non-Members: \$50

Location: Board Room

January 14, 2012

11:00am - 5:00pm

April 14, 2012

11:00am - 5:00pm

* Please note to register at least 1 week prior, day of registrations will be not be accepted. Applicable taxes will be applied at time of registration.

At Home Alone + First Aid Course (Ages 10 - 13 yrs)

This fun and active course helps prepare kids to be at home alone and how to respond to medical emergencies.

Members: \$26 / Non-Members: \$38

Location: Board Room

February 11, 2012

1:00 - 5:00pm

May 12, 2012

1:00 - 5:00pm

* Please note to register at least 1 week prior, day of registrations will be not be accepted. Applicable taxes will be applied at time of registration.

Never Bee Lost Program (Ages 5 - 7 yrs)

Teaches kids the steps to stay safe if they become lost or separated from their parents or caregiver. What a child does and most importantly how prepared they are for the situation can make the difference in their overall safety.

Members: \$10 / Non-Members: \$20

Location: Board Room

March 25, 2012

5:00pm - 6:00pm

June 15, 2012

5:00pm - 6:00pm

GYMNASIUM RENTALS

Please contact the preschool and youth department to rent a portion of the gymnasium. Times subject to availability.

Tel: 519-360-9622 ext. 111

1/3 of Gym for \$40/hour or 2/3 of Gym for \$60/hour

Benefits of Membership

As a member of the YMCA of Chatham-Kent, you are invited to enjoy a selection of group fitness classes at your convenience. Try an Aquafit class, or perhaps some Step Fit! No extra fee. No registration required.

Day Camps

PD Day Camps (Ages 3 -12 yrs)

Enjoy summer camp style activities during the PD days from school. Remember to bring a lunch, snacks, refreshments, bathing suit and towel.

Location: Gym A

February 3, June 11, June 29

Members: \$27/day / Non-Members: \$32/day

Regular Camp Hours: 9:00am - 4:30pm

Before & After Camp Care available at no cost:

8:00 - 9:00am & 4:30 - 5:30pm

* Please note to register at least 1 day prior, day of registrations will be not be accepted.

Winter Break Camp (Ages 3-12 yrs)

Warm up with Summer Camp style fun! Enjoy active and structure activities that will make the Winter feel like Summer again. Each day will include a wide variety of programs for all interests.

Location: Gym A

December 27 - 30, 2011

Members: \$27/day or \$85/4 days

Non-members: \$32/day or \$100/4 days

January 2 - 6, 2012

Members: \$27/day or \$110/week

Non-members: \$32/day or \$125/week

March Break Camp (Ages 3-12 yrs)

The most fun a kid can have in a week!! Remember to bring a lunch, bathing suit, and towel. Each day will include a wide variety of activities for all interests.

Location: Gym A

Members: \$27/day or \$110/week

Non-Members: \$32/day or \$125/week

March 12 - 16, 2012

Regular Camp Hours: 9:00am - 4:30pm

Summer Day Camp 2012 (Ages 3 -12 yrs)

The YMCA Summer Day Camps emphasize fun, safety, skill, and social development built upon a foundation of our core values: Honesty, Caring, Responsibility, Respect, and Inclusiveness. YMCA Day Camp....Making memories to last a lifetime! Watch for the YMCA Summer Day Camp brochure available in May 2012.

Regular Camp Hours: 9:00am - 4:30pm

Birthday Parties

Let the YMCA be your destination of choice for your child's next birthday!

Each party package includes:

- * Set up and take down of all equipment
- * Cake, decorations, dishes, party room
- * YMCA staff host for 10 party participants (\$5.00 charge per additional participant)

Choose the party that's perfect for your gang!

There will be a \$25 non-refundable cancellation fee for all Birthday Parties.

Applicable taxes will be applied at time of registration. Please register at least 2 weeks prior to day of party with full payment.

Party Package #1 - Private Splash

Featuring 60 minutes private use of the leisure pool and a private party room.

Members: \$175.00 / Non-Members: \$200.00

Friday: 7:00 - 9:00pm; Saturday: 4:00 - 6:00pm

Party Package #2 - Ultimate Party

Featuring 30 minutes of gym time with inflatables, 45 minutes private party room and 45 minutes of public swimming.

Members: \$150.00 / Non-Members: \$175.00

Friday: 7:00 - 9:00pm; Saturday: 1:30 - 3:30pm & 2:00 - 4:00pm; Sunday: 1:30 - 3:30pm

Party Package #3 - Extreme Party

Featuring 30 minutes of Energy Zone gaming, 45 minutes private party room and 45 minutes of public swimming.

Members: \$175.00 / Non-Members: \$200.00

Friday: 7:00 - 9:00pm; Saturday: 1:30 - 3:30pm & 2:00 - 4:00pm; Sunday: 1:30 - 3:30pm

Party Package #4 - Energy Party

Featuring 60 minutes of Energy Zone gaming and private party room.

Members: \$135.00 / Non-Members: \$160.00

Friday: 7:00 - 9:00pm; Saturday: 1:30 - 3:30pm & 2:00 - 4:00pm; Sunday: 1:30 - 3:30pm

Parents/Guardians are responsible for the supervision of their party participants.

Volunteering at the YMCA

Volunteers are essential to the YMCA. Volunteers, by their nature, help connect the YMCA to its identity, as an Association of people motivated to service their community. By offering their time, skills and expertise Volunteers help us provide the widest possible range of services to our membership and the community.

Please see Membership Services for more information and to receive an application.



YMCA of Chatham-Kent
101 Courthouse Lane
Chatham, Ontario
N7L 0B5
519-360-9622
www.ymcaswo.ca

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.