

PRESCHOOL & YOUTH

January 1 - June 17, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Play Zone 8:30 - 11:00am 3 mos - 7 yrs	Play Zone 8:30 - 11:00am 3 mos - 7 yrs	Play Zone 8:30 - 11:00am 3 mos - 7 yrs	Play Zone 8:30 - 11:00am 3 mos - 7 yrs	Play Zone 8:30 - 11:00am 3 mos - 7 yrs	Play Zone 8:15 - 11:00am 3 mos - 7 yrs		Modified Schedule Christmas Eve December 24, 2011 Christmas Day December 25, 2011 Boxing Day December 26, 2011 New Year's Eve December 31, 2011 New Year's Day January 1, 2012 Family Day February 20, 2012 Good Friday April 6, 2012 Victoria Day May 21, 2012
Parent and Tot Skate 9:30 - 10:50am			Parent and Tot Skate 2:30 - 3:50pm		Indoor Playground* 9:30am - 12:00pm 3 - 10 yrs	Open Gym 8:00am - 4:00pm	
Parent and Tot Swim 10:00am-12:00pm	Parent and Tot Swim 10:00am-12:00pm	Parent and Tot Swim 10:00am-12:00pm	Parent and Tot Swim 10:00am-12:00pm	Parent and Tot Swim 10:00am-12:00pm		Parent and Tot Swim 10:00am-12:00pm	
Indoor Playground* 4:30 - 6:00pm 3 - 10 yrs	Tumble Time 5:15 - 6:00pm 3 - 5 yrs	Indoor Playground* 4:30 - 6:00pm 3 - 10 yrs	Icky Play 6:00 - 6:45pm 2 - 5 yrs	Sports of all Sorts 5:00 - 6:00pm 6-8, 9-12 yrs	Sports of all Sorts 12:00 - 1:00pm Family	Family Track 10:00am - 2:00pm	
	Jr. Dance Mix 6:00 - 7:00pm 6 - 9 yrs	Play Fit 6:00 - 6:30pm 2 - 5 yrs	Y Kids Club 6:45 - 8:00pm 6-8, 9-12 yrs	Kidz Zone 6:00 - 8:30pm 6 - 8 yrs			
Play Zone 6:00 - 7:30pm 3 mos - 7 yrs	Youth Circuit Training 6:30 - 7:30pm 10 - 13 yrs	Hot Gym Cool Swim 6:30 - 7:30pm 6 - 9 yrs		Youth Zone 6:00-8:30pm 9 - 12 yrs	*Birthday Party Package 1:00 - 2:00pm or 2:00 - 3:00pm		
Creative Connections 6:00 - 7:30pm 10 - 13 yrs	Youth Dance 7:00 - 8:00pm 10 - 13 yrs	H.E.A.T. 7:00 - 8:00pm 12 - 15 yrs			* Call to book your child's party! 519-524-2125		

Play Zone (Ages 3 mos - 7 yrs.)

Play Zone is 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 pass for \$5.00.

Location: Sky Harbour Room

Monday - Friday: 8:30 - 11:00am; Saturday: 8:15 - 11:00am

Monday: 6:00 - 7:30pm

Members: no charge/ Non-Members: Visitor pass for one hour * Parents/Guardians must remain in building to access the Child Minding Service*

Hours of Operation

Regular Hours - Effective Sept 6 - June 29, 2012

Monday - Friday	5:45am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	8:00am - 5:00pm
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 and Open Gym. Children have access to a courtesy telephone at the Membership Desk.

Preschool Programs

Icky Play (Ages 2-5 yrs)

Come make a mess with us. Create a jungle of play dough, and finger paint masterpiece! Cut, glue, paint, and play while you meet new friends and make a mess everyone will love! Children should come prepared to get Icky!

Location: Sky Harbour Room

Thursdays: 6:00 - 6:45pm

* Non-Members welcome with purchase of a Visitor Pass.

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Indoor Playground (Ages 3-10 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.

Location: Gym

Mondays & Wednesdays: 4:30 - 6:00pm

Saturdays: 9:30am - 12:00pm

* Non-Members welcome with purchase of a Visitor Pass.

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Play Fit (Ages 2-5 yrs)

This program is an excellent way to introduce preschoolers to a variety of dance, songs, and cooperative activities.

Children will practice balance and rhythm through simple dance steps and fun active songs.

Location: Gym

Wednesdays: 6:00 - 6:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Parent and Tot Skate (Ages 3-7 yrs)

This program is for preschoolers and their parent/ guardian to enjoy time together on the ice. Hockey sticks and pucks are not permitted during this time, and children must wear a helmet while on the ice.

* Non-Members welcome with purchase of a Visitor Pass.

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Tumble Time (Parented Program) (Ages 3-5 yrs)

Stretch, tumble, balance and roll in this introductory preschool gymnastics program. Taught by Expressions Dance Inc.

Location: Gym

Tuesdays: 5:15 - 6:00pm

* Non-Members welcome with purchase of a Visitor Pass.

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Youth & Teen Programs

Creative Connections (Ages 10-13 yrs)

This program builds upon each youth's artistic and creative skills. Emphasis is on increasing the students awareness of various aspects of arts. Working in a variety of methods and materials ranging from drawing, painting, sculpting, collaging and printmaking.

Location: Board Room

Mondays: 6:00 - 7:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Hot Gym Cool Swim (Ages 6-8 yrs)

This is a structured program which includes active games and activities followed by a half hour swim.

Location: Gym, Pool

Wednesdays: 6:30 - 7:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Jr. Dance Mix (Ages 6-9 yrs)

This class will be an exciting mixture of hip hop, acro, jazz, cheer/tumbling and musical theatre. Boys and girls are welcome. Every week will be different. Taught by members of Expressions Dance Arts Inc.

Location: Gym

Tuesdays: 6:00 - 7:00pm

* Non-Members welcome with purchase of a Visitor Pass.

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Kidz Zone (Ages 6-8 yrs)

Have some fun participating in various sports, swimming, crafts and much more!

Location: Gym, Pool

Fridays: 6:00 - 8:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Sports of all Sort (Ages 6-8, 9-12 yrs)

This program offers an introduction to a wide variety of group sports including badminton, basketball, soccer and hockey.

Location: Gym

Fridays: 5:00 - 6:00pm,

Saturdays: 12:00 - 1:00pm

* Non-Members welcome with purchase of a Visitor Pass.

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Y Kids Club (Ages 6-8, 9-12 yrs)

This popular program includes a variety of different activities, crafts, sports and active games each week.

Location: Sky Harbour

Thursdays: 6:45 - 8:00pm

* Non-Members welcome with purchase of a Visitor Pass.

Youth & Teen Programs - cont'd

Youth Circuit Training (Ages 10-13 yrs)

Effective, full body workout for those aged 10-13 years.

Location: Track/Multi-purpose Room

Tuesdays: 6:30 - 7:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Youth Dance (Ages 10-13 yrs)

Participants will explore the rudimentary elements of dance, including modern jazz, hip hop, ballet and cheerleading. The class will be high-energy and a good overall workout with an emphasis on fun and safe movements. Taught by member of Expressions Dance Arts Inc.

Location: Gym

Tuesdays: 7:00-8:00pm

* Non-Members welcome with purchase of a Visitor Pass.

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Youth Zone (Ages 9-12 yrs)

Join your friends every Friday night and have a great time! We will have great movies, wii games, sports, swimming and lots more. Give us your idea's!

Location: Gym

Fridays: 6:00 - 8:30pm

* Non-Members welcome with purchase of a Visitor Pass.

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Youth Enrichment Programs

Babysitting Course (Ages 10+ yrs)

One day course designed to increase knowledge and skills related to child care. Participants will learn age-appropriate activities, problem solving techniques, and be introduced to the basics of first aid. Please bring a lunch and refreshments.

Wednesday February 1, 9:00-3:30pm

Members: \$40.00 / Non-Members: \$50.00

Day Camps

PA Day Camps (Ages 4 yrs.+)

Come out every P.D. Day and enjoy a fun filled day.

Remember to bring a lunch, snacks, refreshments, bathing suit, and towel. Visit us online at www.ymcaswo.ca for more details or the Membership Services Desk to register today.

Members: \$25 day Non-Members: \$30 day

February 1 & June 8, 2012

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

Before & After Camp Care, No Cost: 8:00 - 9:00am & 4:30 - 5:30pm

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March Break Camp (Ages 4-12 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.

Members: \$30 day / \$110 week

Non-Members: \$35 day / \$125 week

March 12 - 16, 2012

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

Before & After Camp Care, No Cost: 8:00 - 9:00am & 4:30 - 5:30pm

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Summer Day Camp 2012 (Ages 4 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 May 2012.

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

Before & After Camp Care, No Cost: 8:00 - 9:00am & 4:30 - 5:30pm

Volunteering at the YMCA

The YMCA believes people enrich their own lives when they enrich the lives of others. All YMCA efforts involve a partnership of volunteers and staff. *In 2010 a total of 700 people gave of their time and skills to the YMCA.* The role they play is essential to the success of the organization.

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

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
- * Up to 3 hours in the party room
- * Hosts are welcome to bring their own food & decorations
- * Designed for children 3yrs +

Choose the party that's perfect for your gang!

Party Package '1' - Big Splash Party

Featuring 1 hour of private pool time and a private party room (includes up to 20 children).

Pool Time: Saturdays 4:00 - 5:00pm

Members: \$122.00

Non-Members: \$148.00

* Please register at least 2 weeks prior to day of party with full payment.

Party Package '2' - Big Splash Party

Featuring public open swimming (unlimited number of children).

Saturdays 1:00 - 3:00pm

Sundays: 1:00 - 3:00pm

Cost: \$75.00

* Please register at least 2 weeks prior to day of party with full payment.



Party Package '3' - The Ultimate Party!

Featuring Inflatable Fun in our gym, exclusive use of our Bounce Castle, toys and active games.

(includes up to 20 children)

Staff supervision provided for the inflatable.

Saturdays 1:00 - 2:00pm or 2:00 - 3:00pm

Members: \$122.00 plus applicable taxes

Non-Members: \$148.00 plus applicable taxes

General Information

- Photos in party room only.
- Children under the age of 8 must be accompanied by a parent/guardian if unable to swim full length of pool.
- **Parental Supervision required in the pool.**

See Membership Service for more details.



Benefits of Membership

As a member of the YMCA of Goderich-Huron, 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.



YMCA of Goderich-Huron
190 Suncoast Drive East
Goderich, Ontario
N7A 4N4
519-524-2125
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.