

PRESCHOOL & YOUTH

January 9 - June 16, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Play Zone 9:00 - 11:30am 3 months - 7 yrs	Play Zone 9:00 - 11:30am 3 months - 7 yrs	Play Zone 9:00 - 11:30am 3 months - 7 yrs	Play Zone 9:00 - 11:30am 3 months - 7 yrs	Play Zone 9:00 - 11:30am 3 months - 7 yrs	Play Zone 9:00 - 11:30am 3 months - 7 yrs		
Gym & Swim 10:30 - 12:00pm 3 - 5 yrs*	Gym & Swim 10:30 - 12:00pm 3 - 5 yrs*	Indoor Playground 10:30 - 11:30am 3 - 7 yrs*	Indoor Playground 10:30 - 11:30am 3 - 7 yrs*	Indoor Playground 10:30 - 11:30am 3 - 7 yrs*	Gymnastics, Tumble Time 9:00 - 10:00am 10:00 - 11:00am 3-5, 6-8, 9-12 yrs		Family Day Alternative activities scheduled
Kung Fu - Beginners 4:30 - 5:30pm		Kung Fu - Intermediate 4:30 - 5:30pm	Gymnastics, Tumble Time 4:30 - 5:30pm, 5:30 - 6:30pm 3-5, 6-8, 9-12 yrs		Judo - Beginners 8:30 - 9:30am	* Birthday Party Packages 12:00 - 4:00pm	
Play Zone 4:30 - 8:00pm 3 months - 7 yrs	Play Zone 5:30 - 8:00pm 3 months - 7 yrs	Play Zone 4:30 - 8:00pm 3 months - 7 yrs	Play Zone 5:30 - 8:00pm 3 months - 7 yrs		Indoor Playground 11:00am - 12:00pm 3 - 7 yrs*	Jr. Cheerleading 4:30 - 6:00pm 8 - 13 yrs	No classes: 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
DDR Routine 5:30 - 6:30pm 6-8, 9-12 yrs Energy Zone	Dynamic Duo 5:30 - 6:30pm 6-8, 9-12 yrs Energy Zone	Lightning Round 5:30 - 6:30pm 6-8, 9-12 yrs Energy Zone	Lightning Round 5:30 - 6:30pm 3-5, 6-8, 9-12 yrs Energy Zone	XrKade Challenge 5:00 - 8:00pm 6-8, 9-12 yrs Energy Zone	Ball Hockey 11:00am - 12:00pm 6-8, 9-12 yrs	Family Circuit Time 3:00 - 5:00pm 10 - 13 yrs	
Basketball 5:30 - 6:30pm 6-8, 9-12 yrs	Indoor Playground 5:30 - 6:30pm 3-7 yrs Front Gym	Youth Yoga 5:30 - 6:15pm 10-15 yrs Studio	Y Kids Gym & Swim 5:30 - 7:00pm 6-8, 9-12 yrs	Youth Basketball Association 6:00 - 7:00pm 6-8, 9-12 yrs	* Birthday Party Packages 12:00 - 4:00pm		
Y Kids Gym & Swim 6:30 - 8:00pm 6 - 9 yrs	Ball Hockey 6:30 - 7:30 pm 6-8, 9-12 yrs	Soccer 6:30 - 7:30pm 6-8, 9-12 yrs	Jr. Leaders 5:30 - 6:30pm 10 - 12 yrs	Youth Hockey League 7:00 - 8:00pm 6-8, 9-12 yrs	Family Circuit Time 3:00 - 5:00pm 10 - 13 yrs		
	Circuit Room Training 6:00 - 6:30pm 10 - 13 yrs	Go Girls 6:30 - 7:30pm 6-8, 9-12 yrs	Circuit Room Training 6:00 - 6:30pm 10 - 13 yrs			* Call to book your child's party! 519-336-9622	
			Ball Hockey 6:30 - 7:30pm 6 - 12 yrs				

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

Play Room 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 an Activity Pass. Location: Community Room 3/4

Monday & Wednesday: 4:30 - 8:00pm; Tuesday & Thursday: 5:30 - 8:00pm

Parents/Guardians must remain in building to access the Child Minding Service. 2 Hour Limit for Child Minding Service.

Hours of Operation

Regular Hours - Effective Sept 5 - June 29, 2012

Monday - Friday	5:00am - 10:00pm
Saturday	7:00am - 8:00pm
Sunday	7:00am - 8:00pm
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

Gym & Swim (Ages 3 - 5 yrs)*

This program is for preschoolers to explore movement through sport and games in a safe & friendly environment, followed by a supervised swim.

* Children under the age of 3 must be accompanied by an adult or youth over the age of 14 years

Location: Gym

Monday & Tuesday: 10:30am - 12:00pm

Gym: 10:30 - 11:15am / Swim: 11:30am - 12:00pm

* Non-Members welcome with purchase of an Activity Pass.

Indoor Playground (Ages 3 - 7 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

Tuesday: 5:30 - 6:30pm (Front Gym)

Wednesday/Thursday/Friday: 10:30 - 11:30am;

Saturday 11:00am - 12:00pm (Gym)

* Non-Members welcome with purchase of an Activity Pass.

Tumble Time (Ages 3 - 5 yrs)

Stretch, tumble and roll in this preschool recreational gymnastics program. Registration required. Members only.

Location: Gym

Thursday: 4:30 - 5:30pm, 5:30 - 6:30pm;

Saturday 9:00 - 10:00am, 10:00 - 11:00am



Benefits of Membership

As a member of the YMCA of Sarnia-Lambton, you are invited to enjoy a selection of group fitness classes at your convenience.

Try an Aquafit class, or perhaps some Step!

No extra fee. No registration required.

Youth Programs

Ball Hockey (Ages 6-8, 9-12 yrs)

Non-competitive ball hockey that encourages teamwork and fair play.

Location: Gym

Tuesday: 6:30 - 7:30pm; Thursday: 6:30 - 7:30pm;

Saturday: 11:00am - 12:00pm

* Non-Members welcome with purchase of an Activity Pass.

Basketball (Ages 6-8, 9-12 yrs)

Non-competitive basketball that encourages teamwork and fair play.

Location: Gym

Monday: 5:30 - 6:30pm (6-9 years) Front Gym

Monday: 5:30 - 6:30pm (10-12 years) Back Gym

* Non-Members welcome with purchase of an Activity Pass.

Youth Circuit Training (Ages 10 - 13 yrs)

Efficient, full-body workouts for those with little time to spare. Initial orientation sessions required. Members only.

Tuesday & Thursday: 6:00 - 6:30 pm

Family Wellness Time (Ages 10 - 13 yrs)

This time is designed for parents and children to workout together in our Wellness Centre. Members only.

Saturday & Sunday: 3:00 - 5:00pm

Go Girls (Ages 6-8, 9-12 yrs)

Just for girls! Girls will make friends, play games, learn new skills and share their experiences.

Location: Youth Drop In/Gym

Wednesday: 6:30 - 7:30pm

* Non-Members welcome with purchase of an Activity Pass.

Gymnastics (Ages 6-8, 9-12 yrs)

YMCA Gymnastics is a recreational program in which children work on balance, coordination and self-confidence using the Can-Gym Level System.

Sessional Registration required. Members only.

Location: Gym

Thursday: 4:30 - 5:30pm, 5:30 - 6:30pm

Saturday: 9:00 - 10:00am, 10:00 - 11:00am

Judo (Beginner)

A highly competitive system that teaches the use of leverage to flip or throw an opponent of any size. This art originates in Japan. Sessional Registration required. Members only.

Instructor: Bob Sing

Location: Back Gym

Saturday: 8:30 - 9:30am

Youth Programs ... Continued

Judo (Intermediate-Advanced)

Sessional Registration required. By invitation only

Instructor: Bob Sing

Location: Back Gym

Saturday: 9:30 - 11:00am

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Junior Cheerleading (Ages 8-13 yrs)

Learn the fundamental skills needed for cheerleading. Includes 1 in-house display/competition.

Winter Session: January 8 - March 4, 2012 (9 weeks)
Members: \$63 / Non-members: \$90

Spring Session: March 18 - May 13 (9 weeks)
Members: \$63 / Non-members: \$90

Sunday: 4:30 - 6:00pm

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Jr Leaders (Ages 10-12 yrs)

Lays the building blocks of leadership development, setting participants on a course to a more involved future with the YMCA. Registration required. Members only.

Location: Youth Drop In

Thursday: 5:30 - 6:30pm

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Kung-Fu (Beginner)

This Oriental discipline focuses on the individual's pursuit to the perfection of character. A Chinese martial Art using strikes and kicks focusing on the development of balance, agility, flexibility, discipline and self confidence. Members only.

Sessional registration required.

Instructor: Jorge De Guzman.

Location: Gym

Monday: 4:30 - 5:30pm

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Kung-Fu (Intermediate)

Sessional registration required

Instructor: Jorge De Guzman.

Location: Gym

Wednesday: 4:30 - 5:30pm

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Kung-Fu (Advanced)

Sessional registration required

Instructor: Jorge De Guzman.

Location: Studio

Thursday: 4:30 - 5:25pm

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Soccer (Ages 6-8, 9-12 yrs)

Non-competitive soccer that encourages teamwork and fair play.

Location: Gym

Wednesday: 6:30 - 7:30pm

* Non-Members welcome with purchase of an Activity Pass.

Y Kids Gym & Swim (Ages 6-9 yrs)

Play a variety of sports and games in a safe & friendly environment, followed by a supervised swim.

Location: Gym

Monday: 6:30 - 8:00pm

Gym: 6:30 - 7:00pm / Swim: 7:15 - 8:00pm

Thursday: 5:30 - 7:00pm

Gym: 5:30 - 6:15pm / Swim: 6:30 - 7:00pm

* Non-Members welcome with purchase of an Activity Pass.

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Youth Yoga (Ages 10-15 yrs)

Energize, rejuvenate and strengthen yourself through Vinyash Yoga. Relieve stress and create balance in your mind and body through exercises in breath control, stability, flexibility and alignment.

Certified Instructor: Leslie Pullen

Location: Studio

Wednesday: 5:30 - 6:15pm

* Non-Members welcome with purchase of an Activity Pass.

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Youth Basketball Association (Ages 6-12 yrs)

Officiated scrimmages that allow youth to gain game experience and knowledge.

Location: Front Gym - beginners; Back Gym - advanced

Friday: 6:00 - 7:00pm

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Youth Hockey League (Ages 6-12 yrs)

Officiated scrimmages that allow youth to gain game experience and knowledge.

Location: Full Gym

Friday: 7:00 - 8:00pm

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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.

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

Location: Youth Drop-In Room

Saturday, March 10, 2012 9:00am - 3:30pm

Saturday, May 12, 2012 9:00am - 3:30pm

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

Day Camps

PD Day Camps (Ages 3 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.

Location: Youth Drop-In Room

February 3, 2012, June 11, 2012, June 29, 2012

Members: \$26/Day Non-Members: \$29/Day

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

Before & After Camp Care, no cost: 7:30 - 9:00am & 4:30 - 5:30pm

Winter Day Camp (Ages 3-12 yrs)

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

Location: Youth Drop In Room

December 27, 28, 29, 30, 2011

Members: \$26/day / Non-Members: \$29/day

Members: \$88/week / Non-Members: \$100/week

January 2 - 6, 2011

Members: \$110/week / Non-Members: \$125/week

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

Before & After Camp Care, no cost: 7:30 - 9:00am & 4:30 - 5:30pm

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: Family Gym

March 12 - 16, 2012

Members: \$26/day / Non-Members: \$29/day

Members: \$110/week / Non-Members: \$125/week

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

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

Before & After Camp Care, no cost: 7:30 - 9:00am & 4:30 - 5:30pm

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

Summer Day Camp 2012 (Ages 3 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

Before & After Camp Care, no cost: 7:30 - 9:00am & 4:30 - 5:30pm

Birthday Parties

Extreme Party-3 Hour Party (6-14 years)

Brand new to the the YMCA! XRKade® is a video gaming centre that uses video gaming equipment to help you exercise and have fun!

1. One hour Energy Zone
2. 45 minutes in the party room
3. One hour swim (parental supervision required)

Energy Zone-2 Hour Party (6-14 years)

1. One hour Energy Zone
2. 45 minutes in the party room

Ultimate Party-3-Hour (3-12 years)

1. One hour of gym activities
 - Inflatable Jungle Bungle and large Inflatable Slide
 - Staff supervision for inflatables
2. 45 minutes in the party room
3. One hour swim (parental supervision required)

Gym & Party Room-2-Hour (3-12 years)

1. One hour of gym activities
 - Inflatable Jungle Bungle and "New" Inflatable Slide
 - Staff supervision for inflatables
2. 45 minutes in the party room

Big Splash Party-2 Hour (3-12 years)

1. 45 minutes in the party room
2. One hour swim (parental supervision required)

Friday: Room 5:30-6:15 pm Swim 6:30-7:30 pm

Saturday and Sunday:

Room 1:30-2:15 pm Swim 2:30-3:30 pm

Room 2:30-3:30 pm Swim 3:30-4:30 pm

2 Hour Party Times Available:

Saturday, 12:30-2:30 pm, 1:30-3:30 pm, 2:30-4:30 pm

Sunday 12:30-2:30 pm, 1:30-3:30 pm, 2:30-4:30 pm

3 Hour Party Times Available:

Saturday 12:30-3:30 pm, 1:30-4:30 pm, 2:30-5:30 pm

Sunday 12:30-3:30 pm, 1:30-4:30 pm, 2:30-5:30 pm

Party Packages	1-8 participants	9-16 participants	17-24 participants
Extreme Party (3 hours)	\$140	\$160	\$180
Energy Zone (2 hours)	\$120	\$140	\$160
Ultimate Party (3 hours)	\$100	\$120	\$140
Gym & Party Room (2 hours)	\$80	\$100	\$120
Big Splash ((2 hours)	\$60	\$80	\$100

Full payment required to book party. There will be a \$25 non-refundable cancellation fee for all Birthday Parties.



YMCA of Sarnia-Lambton
 Jerry McCaw Family Centre
 1015 Finch Drive
 Sarnia, ON N7S 6G5
 519-336-9622
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.