

KIDZ FITNESS

KIDZ YOGA STRETCH (5-12 yrs)

Explore breathing, yoga postures, stretching exercises, yoga games and relaxation techniques in a fun and creative manner.

NORTHSHORE Y

Tuesdays, 4:15 - 4:45 pm

Jan 19 - Mar 15 (9 weeks) Course 5440

Included in Membership. Non-Members: \$54

Apr 15 - June 21 (12 weeks) 5441

Included in Membership. Non-Members: \$72

KIDZ CIRCUIT (5-12 yrs)

A fun, interactive workout with games and challenges for kids.

NORTHSHORE Y

Thursdays, 4:15 - 4:45 pm

Jan 17 - Mar 13 (9 weeks) Course 5442

Included in Membership. Non-Members: \$54

Apr 3 - Jun 19 (12 weeks) 5443

Included in Membership. Non-Members: \$72

Y STEVE NASH YOUTH BASKETBALL



SPACES STILL AVAILABLE

It's not too late! Register now for remaining spaces on grade 4/5 and grade 6/7 teams throughout Kamloops. One hour practices weekly and games every Saturday, January through February.

Can you coach basketball?

Now accepting applications for the 2012-13 season.

Call 250-372-7725 to register.

A program of the Kamloops
YMCA-YWCA and Basketball BC.

KIDZ AEROBICS (5-12 yrs)

Enjoy some aerobic activity which includes skipping, step aerobics, dance moves, bosu & ball workouts. Olivia makes getting sweaty fun!

NORTHSHORE Y

Mondays, 4:15 - 4:45 pm

Jan 16 - Mar 12 (9 weeks) Course 5436

Included in Membership. Non-Members: \$54

Apr 2 - June 18 (10 weeks) 5437

Included in Membership. Non-Members: \$60

No classes Apr 9 & May 21

KIDZ ZUMBATOMIC (5-12 yrs)

Kids love to crank up the music, shake, wiggle, and have a blast with their friends. So lets get into shape while enjoying the fun steps of Zumba.

NORTHSHORE Y

Wednesdays, 4:15 - 4:45 pm

Jan 18 - Mar 14 (9 weeks) Course 5438

Included in Membership. Non-Members: \$54

Apr 2 - June 20 (12 weeks) 5439

Included in Membership. Non-Members: \$72



YOUTH PROGRAMS

UNDER 5 PROGRAMS

GYM AND CRAFT

NEW!

Bring your child for gym time in our Wellness Studio. Gym time will focus on movement and coordination development through active play, games, and using basic gym equipment. Following gym time will be craft time, which may include painting, glueing, pasting, and cutting.

DOWNTOWN Y

Fridays, 10:30 - 11:30 am (2.5 - 4 yrs)

Apr 13 - Jun 1 (8 weeks) Course 5422

Members: \$24 Non-Members: \$48

NORTHSHORE Y

Thursdays, 12:00 - 1:00 pm (2 - 4 yrs)

Jan 19 - Mar 29 (10 weeks) 5419

Apr 5 - June 7 (10 weeks) 5421

Members: \$30 Non-Members: \$60

MOVEMENT TO MUSIC WITH "LOCOMOTION LISA"

NEW!

Locomotion Lisa, an experienced and passionate dance teacher, will help children discover the art of movement and music while developing coordination, balance, strength and flexibility. This course is open to children ages 0-5 (under 3 must come with an adult.)

DOWNTOWN Y

Wednesdays, 10:10 - 10:55 am (0 - 2 yrs)

Jan 25 - Mar 14 (8 weeks) Course 5431

Apr 4 - May 23 (8 weeks) 5433

Fridays, 10:30 - 11:30 am (3 - 5 yrs)

Jan 20 - Mar 9 (8 weeks) 5432

Members: \$27 Non Members: \$54 per session

MINI CHEF (2.5 - 4 yrs)

NEW!

From the moment your preschooler puts on their apron, they will feel like a chef. They will get to chop, scoop, measure, mix and pour. With a combination of cooking, games and crafts, each class is chock-full of activity.

NORTHSHORE Y

Tuesdays, 11:30 am - 1:00 pm

Jan 24 - Feb 14 - International foods Course 5423

Feb 21 - Mar 13 - Colors of the rainbow 5424

Apr 3 - Apr 24 - Snacks surprise 5426

May 1 - May 22 - Spring Delight 5427

Members: \$30 Non-Members: \$42 per session

Y KIDS HOUSE - 428 BATTLE

Mondays, 9:00 - 10:15 am

Feb 13 - Mar 5 - International foods 5425

Apr 23 - May 14 - Spring Delight 5424

Members: \$30 Non-Members: \$42 per session

We build strong kids, strong families, strong communities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

YOUTH PROGRAMS

EASTER EXPRESS (2.5 - 8 yrs)

Come join us for a fun-filled 2 hours of egg decorating, making our own Easter baskets, decorating cookies, hunt for Easter eggs and story time. This class is very popular so please sign up early to avoid disappointment.

NORTHSHORE Y

Saturday, 1:30 - 3:30 pm

Mar 31

Members: \$15 Non-Members: \$25

ART EXPRESS (3 - 4 yrs)

NEW!

This class will introduce budding artists to the fundamentals of visual art, while inspiring them to find their own personal style. Children will work on projects in paints, clay, pencil, marker, fabric, wood and other recyclable materials. Come play in a fun environment.

Y KIDS HOUSE - 428 BATTLE ST.

Fridays, 9:00 - 10:15 am

Jan 20 - Feb 10 (4 weeks)

Course 5435

Members: \$30 Non-Members: \$42

MUSIC EXPRESS WITH TINA (2.5 - 4 yrs)

Join Tina for a fun filled hour of exploring different musical instruments and learn how to play an instrument. Tina has worked with children of all ages teaching them the wonderful world of music. Children will have fun making their own musical craft to take home.

Y KIDS HOUSE - 428 BATTLE ST.

Fridays, 9:00 - 10:15 am (3 - 4 yrs)

Apr 13 - May 4 (4 weeks)

Course 5430

Members: \$30 Non-Members: \$42

INTRODUCTION TO BALLET (3 - 5 yrs)

Join Caitlin for a fun and gentle introduction to the magic of dance. Using creativity and imagination, youngsters will be encouraged to discover the joy of movement.

NORTHSHORE Y

Saturdays, 11:45 am - 12:30 pm

Apr 14 - June 23 (10 weeks)

Course 5472

Members: \$80 Non-Members: \$100



- We reserve the right to change schedules.
- Fees subject to applicable taxes.

IN THE POOL

PRE-SCHOOL PLUNGE (0-3 yrs)

Raised tables are placed in the pool and toys are available! Come enjoy a morning of fun with your little ones! *Please make sure all little ones are wearing Little Swimmers diapers.*

No registration required! *Included in membership/ Drop-in fee.

Saturdays, 11:30 am - 1:00 pm

Sundays, 11:30 am - 1:00 pm

SUNDAY SAFARI SWIM (3 -6 yrs)

This program includes: 15 mins. of animal crafts, 15 mins. of movement and 30 mins. of "animal-like" swimming, all with a lifeguard.

*Parents please drop off your child at the 428 Battle Street House. Pick-up will be on the pool deck. Please make sure your children have their suit on under their clothing when dropped off.

Sundays, 10:00 - 11:00 am

Jan 8 - Feb 26

Mar 4 - Apr 29

Members: \$20 Non-Members: \$40

UNIVERSITY OF LEARN-TO-SWIM (6 - 9 yrs)

The university of learn-to-swim lessons are a unique alternative to our normal 2 month lesson set. The university format runs over 4 months allowing your child to learn at their own pace, leaving you to re-register less often.

*Pre-requisite: your child must have passed Otters/ Sea-Turtles/Aq 1.

Saturdays, 11:30 am - 12:15 pm

Jan 7 - Apr 28

Course 5132

Members: \$40 Non-Members: \$76

SCHOOL AGE PROGRAMS

FLICK 'N FLOAT (7-12 yrs)

Join us the last Friday of every month for a fun evening of swimming, pizza and a movie! Pre-registration is required & children must be comfortable in the pool.

DOWNTOWN Y

Fridays, 3:30 - 4:30 Swim

4:30 - 6:30 Pizza & Movie

Jan 27

Course 5473

Mar 30

5475

Feb 24

5474

Apr 27

5476

Members: \$10 Non-Members: \$15

Registration closes Thursday at 4:00 pm

CREATIVE KIDS (6-12 yrs)

Join us Saturdays for an afternoon of creative fun! Kids will explore a variety of art mediums that will encourage and reveal their creative side.

Y KIDS HOUSE - 428 BATTLE STREET

Saturdays, 1:00 - 2:00 pm

Feb 4 - Feb 25 (4 weeks)

Course 5477

Members: \$12 Non-Members: \$30

TEEN PROGRAMS

HOME ALONE (10+ years)

Are you thinking of letting your child have a little more responsibility? This course teaches important skills through interactive lessons that will help both you and your child feel confident when they are home alone. Parents will be required to attend the last 1/2 hour of the program.

SOUTHWEST Y

Wednesday, 6:00 - 8:30 pm

Feb 1

Course 5478

Apr 4

5479

June 6

5480

Members: \$15 Non-Members: \$25

BABYSITTING COURSE (11+ yrs)

In an 8 hour course, you can become a Red Cross certified babysitter. If you love children, but want to be certain you are prepared for preventing injuries, giving basic first-aid, and handling emergency situations, this course will teach you the skills you need. When you complete this course you will have the knowledge and confidence to care for children of all ages. **Clip and Go mini first aid kit included.**

DOWNTOWN Y

Saturday, 8:30 am - 4:30 pm

Jan 28

Course 5481

Friday, 8:30 am - 4:30 pm

Feb 24

5482

Saturday, 8:30 am - 4:30 pm

Mar 31

5483

Saturday, 8:30 am - 4:30 pm

Apr 28

5484

Members: \$54.50 Non-Members: \$72

*Please bring bag lunch or dinner.

GIRL POWER (12-15 yrs)

Come on girls! Grab a friend and get started on a fabulous and fun class that will keep you fit, healthy and energized! This class offers a terrific cardio, strength and endurance workout by incorporating the fundamentals of boxing, aerobics, strength training, abdominals and flexibility. Try a different workout each week. A fun way to get fit and feel empowered!

NORTHSHORE Y

Tuesdays, 3:30 - 4:15 pm

Jan 17 - Mar 13 (9 weeks)

Course 5444

Members: \$45 Non-Members: \$72

Apr 13 - June 19 (12 weeks)

Course 5445

Members: \$60 Non-Members: \$96

**MORE TEEN
PROGRAMS ON PAGE 28**

kamloopsy.org

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TEEN PROGRAMS

TEEN MACHINE (12-15 yrs)

This class is for teens that are looking to learn all there is to know about weight training. You will learn proper weight room etiquette, adjusting the universal machines to fit you, proper range of motion, breathing technique and the correct form. You will be shown how to use all of the equipment in the facility as well as design a strength training program to get you started on your way to a healthier, stronger, fitter you!

NORTHSHORE Y

Thursdays, 3:30 - 4:15 pm

Jan 19 - Mar 15 (9 weeks) Course 5446

Members: \$45 Non-Members: \$72

Apr 15 - June 21 (12 weeks) 5448

Members: \$60 Non-Members: \$96

POWER OF BEING A GIRL PLANNING GROUP

A five week program for girls 12-14 years old who want to help plan for the 2012 Power of Being a Girl conference. The planning group will continue in the fall including participating the day of the conference. Have fun and use your voice while developing your leadership skills! Space is limited so sign up soon!

DOWNTOWN Y

Wednesdays, 4:00 - 5:30 pm

May 2 - May 30 (5 weeks)

Free Program

YOUTH IN THE WEIGHT ROOM

If you are between the ages of 12 to 15, a free weight room orientation is recommended. IF YOU ARE 12 YEARS OF AGE, A WEIGHT ROOM ORIENTATION IS MANDATORY. Please book an appointment through Member Services.

FAMILY ENRICHMENT PROGRAMS

CHILD INTERACTIVE PLAY AND LEARN CENTRE (0-5 yrs)

The Child Interactive Centre offers the opportunity for children 0-5 years old to spend a morning exploring a fun, safe play environment with their Mom, Dad, grandparent or caregiver. Children will explore different themes and have story time, crafts and special events. It is a great place to meet new friends of all ages. Everyone is welcome! The Child Interactive Centre is available at 2 locations:

SOUTHWEST Y (CCRR) 1420 HUGH ALLAN DRIVE

Monday - Friday, 9:00 am - 12:00 pm

NORTHSHORE Y

Monday - Saturday, 9:00 am - 12:00 pm

Members: Free Non-Members: \$3 per child

BEAUTIFUL BEGINNINGS BREASTFEEDING CLASSES



Expectant parents and parents with newborns. Beautiful Beginnings Lactation Services will offer families knowledge and support as they prepare for parenthood. They believe that breastfeeding classes empower women and their families to give their babies the best start in life. By providing an interactive curriculum, they will ensure that families leave feeling confident and more prepared. Facilitators will also offer a separate registration for those families who are interested in receiving further consultation after the course.

SOUTHWEST Y (CCRR) 1420 HUGH ALLAN DRIVE

Saturdays, 12:00 - 3:00 pm

Jan 21 Course 5525

Feb 18 5524

Mar 31 5487

Apr 28 5488

May 26 5489

Members: \$25 individual, \$45 per couple

Non-Members: \$30 individual, \$55 per couple

MOTHER GOOSE PARENT & CHILD PROGRAMS

NEW!

Register now for this very popular interactive program. You and your child will learn new songs, rhymes and stories, meet some new friends, and enjoy some healthy snacks! Please call (250) 372-7791 to reserve your spot.

SOUTHWEST Y (CCRR)

Thursdays, 12:30 - 1:30 pm

Course 5490

NORTHSHORE Y

Wednesdays, 12:30 - 1:30 pm

5492

Starts week of Jan 23.

Spring session begins week of Apr 19.

Registration for spring session starts Mar 1.

FAMILY FUNDAMENTALS

NEW!

(for families with children 1-4 years of age)

An exciting new childhood development program that promotes healthy eating, active living, positive body image and positive parenting skills.

SOUTHWEST Y

Mondays, 10:00 - 11:30 am

Jan 23 - Feb 27 (6 weeks)

Course 5493

Free Program

'NOBODY'S PERFECT' PROGRAM FOR PARENTS

Nobody's perfect. There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while. 'Nobody's Perfect' is for parents of children 0-5 years of age. It is guided by two caring and trained facilitators.

This program is free of charge.

Program Includes:

- Learning how to understand your child better
- Information on children's health, safety, & behaviour
- Coping with parenting stress
- Sharing ideas, tips, & experiences with other parents
- How to take a break from your busy day

Each Session Includes

- Nutritious snacks
- Childminding
- Transportation (can be arranged for each parent if required)

SOUTHWEST Y

For dates and times of upcoming sessions and more information please call (250) 372-7791.



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