

KIDZ FITNESS

KIDZ YOGA (5-12 yrs)

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

NORTHSHORE Y

Tuesdays, 4:15 - 4:45 pm

Jan 19 - March 30 (10 weeks) Course 2036

April 6 - June 29 (13 weeks) 2037

Included in Membership.

Non-Members: 10 weeks \$40 • 13 weeks \$52

KIDZ FITNESS FUNK (6-9 yrs)

Upbeat dance inspired cardio session. Get fit with flare!

DOWNTOWN Y

Mondays, 4:00 - 4:45 pm

Jan 10 - April 19 Course 2134

Included in Membership. Non-Members: \$72

KIDZ BELLY DANCING (5-12 yrs)

Creative styles and movements that get your body shaking and your belly moving. An uplifting way to strengthen your body, mind and spirit.

NORTHSHORE Y

Wednesdays, 4:15 - 4:45 pm

Jan 20 - March 31 (10 weeks) Course 2038

April 7 - June 30 (13 weeks) 2039

Included in Membership.

Non-Members: 10 weeks \$40 • 13 weeks \$52

KIDZ CIRCUIT (5-12 yrs)

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

NORTHSHORE Y

Thursdays, 4:15 - 4:45 pm

Jan 21 - April 1 (10 weeks) Course 2040

April 8 - June 24 (12 weeks) 2041

Included in your Membership.

Non-Members: 10 weeks \$40 • 12 weeks \$48

KIDZ JUMP 2B FIT (5-12 yrs)

1/2 hour of basic skills for individual and group rope jumping with fun songs to sing and drills to practice.

NORTHSHORE Y

Mondays, 4:15 - 4:45 pm

Jan 18 - March 29 (10 weeks) Course 2042

April 12 - June 28 (11 weeks) 2043

Included in your Membership.

Non-Members: 10 weeks \$40 • 11 weeks \$44

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.

YOUTH PROGRAMS

UNDER 5 PROGRAMS

TUMBLE TIME FOR TOTS

NEW!

Parents and Children 0-3 years

All children develop movement patterns. This program will support your children's development with movement and early communication activities. Includes wonderful resources at no extra cost!

SOUTHWEST Y/CCRR

Tuesdays, 12:30 -1:30 pm

Jan 12 - Feb 23 Course 2190

Wednesdays, 12:00 -1:00 pm

March 24 - April 28 Course 2191

Members: \$12 Non Members: \$18 for all sessions

LITTLE WONDERS NATURALIST CLUB

NEW!

Parents and Children 0-5 years

Join us for a hike to Riverside Park for much more than a "walk in the park"! With your hikers on and your little ones in strollers or wagons you and your children will enjoy fresh air, physical activity, story time and a natural art activity in the park. Fun and healthy snack provided.

HIKE BEGINS AT Y KIDS HOUSE 428 BATTLE

Wednesdays, 9:00-10:30 AM

April 14 -May 19 Course 2192

Members: \$18 Non-Members: \$25 for all sessions

HOW DOES YOUR GARDEN GROW?

For parents and children 0-5 years

It's never too soon to introduce the fun of gardening to your children. This program will provide activities that you and your children will really "dig". Everyone will leave with a green thumb; seeds for their very own "giggle garden and a love for gardening.

SOUTHWEST Y/CCRR

Saturday, 1:00-3:00 pm

April 17 Course 2195

Members: \$5.00 Non-Members: \$7.50

MUSIC N' ME (2 1/2-4 yrs)

NEW!

Your child will have an opportunity to sing children's songs, explore rhythm, movement and create a musical instrument to take home each week.

NORTH SHORE Y

Fridays, 10:05 - 11:00 am

Jan 22 - Feb 12 (4 weeks) Course 2054

April 9-April 30 (4weeks) Course 2055

Members: \$12 Non-Members \$25

TERRIFIC 2'S TUESDAYS (2 1/2 - 3 yrs)

A fun hour of making new friends, story time, circle time, crafts, and arts in a great environment that fosters socialization and positive self-esteem.

NORTH SHORE Y

Tuesdays, 11:45 am - 12:45 pm

Jan 19 - Feb 16 Course 2034

Members: \$12 Non-Members \$25

BIRTHDAY PARTIES



The North Shore YMCA-YWCA now offers Birthday parties for ages 1-6 years old. Come and have your child's birthday with us! Pick from five different theme parties. Your two hour party will include use of child minding play room, craft, games, a decorative party table, party activities and a staff to lead.

\$150 up to 8 children • \$10.00 for each additional child up to max of 16

• Saturdays 2-4 pm • Sundays 11 am-1 pm

Need goodie bags, leave it to us \$4/child

Y members receive a 10% discount.

**Phone 250-554-9622
to book your party.**

Y STEVE NASH YOUTH BASKETBALL

- Limited spaces still available for boys and girls in grades 4 to 7
- Learn the fundamentals of basketball during one hour weekly practices
- Hone skills and have fun at one hour games every Saturday

Call 250-372-7725 to register.

Go to kamloopsy.org for more information.

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

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

YOUTH PROGRAMS

SPRINGTIME & BUTTERFLIES

(2 1/2-5 yrs)

Discover the wonders of spring. We will explore bugs, flowers and changes in the weather. Enjoy games, a craft and a springtime story.

NORTH SHORE Y

Mondays, 12:30 - 1:30 pm

May 17-June 21 (5 weeks)

Course 2052

No class May 24

Members: \$15 Non-Members \$30

PRESCHOOL PREP PROGRAM

(Children 3-5 yrs)

Are you thinking about placing your child in preschool and wonder how they will manage? The Preschool Prep Program is a great way to introduce your child to a preschool environment. It will help prepare the child to be away from their parent(s) for a short period of time with supportive and nurturing ECE staff. The Preschool Prep Program is a "play based learning" program where children will have the opportunity to gain confidence in their social skills and participate in activities that are fun and educational.

Y KIDS HOUSE 428 BATTLE

Tuesdays, 12:30 - 2:00 pm

May 18 - June 22

Course 2193

Members: \$35 Non-Members: \$45 for sessions

MINI CHEF (3 - 5 yrs)

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, crafts, each class is chock-full of activity.

NORTH SHORE Y

Mondays, 12:30 - 2:00 pm

January 18-Feb 22 (6 weeks)

Course 2046

Members: \$27 Non-Members: \$40

GYM AND CRAFT (3-5 yrs)

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.

NORTH SHORE Y

Thursdays, 11:30am-12:30 pm

Jan 21 - Feb 18

Course 2027

Feb 25 - April 1 (no class March 11)

2028

Thursdays, 11:30 am - 12:30 pm

April 8 - May 6

Course 2033

May 13 - June 10

2032

Members: \$10 Non Members: \$30

ANIMAL LOVERS (3-5 yrs)

Show, share and learn exciting new facts and great ways to care for your pets and other animals through fun-instructional activities.

NORTH SHORE Y

Mondays, 12:30 - 2:00 pm

March 15-May 3 (6 weeks)

Course 2051

No class April 5 & April 12

Members: \$27 Non-Members: \$40

EASTER EXPRESS (3-8 yrs)

Come join your friends and have a Easter Blast! We will have a Easter Egg Hunt, decorate Easter eggs to take home and make your own Easter Basket.

NORTHSHORE Y

Saturdays, 1:00 - 3:00 pm

March 27

Course 2053

Members: \$10 Non-Members \$20 1-3pm

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

DOODLE, DASH, DIP (Ages 3-5 yrs)

This program is designed to offer your child three fun activities in a safe and enjoyable environment. 15 mins of crafts, 15 mins of movement activities and 30 mins of swimming, all with a certified Lifeguard/Swim Instructor. Parents will drop off children at the Y Kids House, 428 Battle St. Pick up will be on the pool deck after swim.

428 BATTLE ST.

Sundays, 9:00 - 10:00 am or 10:30 - 11:30 am

Jan 10 - Feb 14

Mar 7 - April 11

Members: \$15.00 Non-Members: \$35.00

*Please register by phoning 250-372-7725

or in person at the Downtown Y location*

SCHOOL AGE PROGRAMS

KARATE KIDS (6 - 14 years)

Shotokan Karate

Location: Kool School

(1080 Kenora Avenue - Kamloops Judo Club)

Fee: \$100

FLOOR HOCKEY (6-12 years)

Register your child now for this recreational floor hockey program. We will make up new teams every week so children will meet new friends, learn new skills and have lots of fun! Equipment will be provided, but you can bring your own if you would like. Eye protection will be provided and must be worn.

DOWNTOWN Y (Kamloops United Church)

Tuesdays, 3:45 - 4:45 pm (6-12 years)

Jan 12 - Feb 16

Course 2163

Feb 23 - April 6

2167

Members: \$25 Non-Members: \$40



CREATIVE KIDS (6-12 yrs)

Join us Saturdays for an afternoon of creative fun! Kids ages 6-12 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

Jan 16 - Feb 20 (6 weeks)

Course 2171

Members: \$12.00 Non-Members \$30

FLICK 'N FLOAT (7-12 years)

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 29

Course 2160

Feb 26

2161

March 26

2162

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

Registration closes Thursday at 4:00 pm

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

kamloopsy.org

Registered Charity #107556060RR

TEEN PROGRAMS

BABYSITTING COURSE (ages 11 & up)

In a one day, 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.

DOWNTOWN Y

Friday, 8:30 am - 4:30 pm
Feb 19 (District Inservice Day) Course 2172

Saturday, 8:30 am-4:30 pm
March 20 Course 2173

Monday, 8:30 am - 4:30 pm
April 12 (District Inservice Day) Course 2174
Members \$42.50 Non-Members \$50

Y TEEN SCENE (12-15 years)

Fun, Food & Friends... Come in for a swim, movie and popcorn. Please pre-register (for each class separately) to ensure your spot.

DOWNTOWN Y

Fridays, 6:30 - 9:30 pm
Feb 5, April 3, May 7 Course 2175-2177
Members \$10.00 Non-Members \$15.00

TEEN MACHINE

NEW

This class is for 12-15 year old 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

Tuesdays, 5:30 - 6:30 pm
Jan 19 - Feb 9 (4 weeks) Course 2153
March 16-April 6 (4 weeks) 2154
Members: \$ 20 Non-Members \$32

GIRL POWER

NEW

Come on girls 12-15 yrs! Grab a friend and get started in 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

Mondays, 3:30 - 4:15 pm
Jan 18 - March 15 (8 weeks) Course 2149
No class March 8
April 12 - June 7 (8 weeks-) Course 2152
No class May 24
Members: \$ 40 Non-Members \$64

BEYOND BABYSITTING (15-18 yrs)

Interested in working with children? Want to build your resume? This one-day workshop will teach you the skills to help you find employment working with children. You will learn songs, games, play techniques, guidance and discipline and nutrition from Licensed Early Childhood Educators. Participants will receive a certificate to add to their portfolio upon completion of this course.

SOUTHWEST Y

Saturday, 9:00 am - 4:00 pm
March 27 Course 2196
Members - \$42.50 Non Members - \$50.00

TEEN TUBING ADVENTURES (13+ years)

Bring a friend and join us for a fun filled night of tubing at Harper Mountain! Transportation provided from the Downtown YMCA location.

DOWNTOWN Y

Friday, 6:30 - 9:30 pm
Jan 15 Course 2197
March 5 2198
Members \$15 Non Members \$20 (per night)

COFFEE HOUSE CREATIONS (13+ years)

Need a place to create? Join us for an evening of art and friendship. Bring your paints, canvas, brushes, sketchpads and pencils. Try out new techniques and get feedback and advice from other artists. Coffee, tea and hot chocolate will be served.

DOWNTOWN Y (428 BATTLE ST)

Wednesdays, 6:00 - 8:00 pm
January 20 - February 24 Course 2199
March 17 - April 21 2200
Members \$12 Non Members \$30

HOME ALONE (11+ 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

Mondays, 6:00 - 8:30 pm
February 1 Course 2201
March 1 Course 2202
Members \$15 Non Members \$25



FAMILY ENRICHMENT PROGRAMS

CHILD INTERACTIVE PLAY AND LEARN CENTRE (Ages 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: \$3.00

MOTHER GOOSE PARENT & CHILD PROGRAMS:

Register now for this very popular interactive program where 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) - Thurs, 12:30 - 1:30 pm

DOWNTOWN Y - Tues, 9:00 - 10:00 am

NORTHSHORE Y - Wed, 11:45 am - 12:45 pm

STARTING WEEK OF JANUARY 11

'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, & behavior
- 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)

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

SOUTHWEST Y

Saturdays, 12:00 - 3:00 pm
Jan 23 - Feb 13 Course 2212
March 20 - April 7 2213

We build strong kids, strong families, strong communities.

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