

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

Sept 21 - Dec 7 (12 weeks)

Course 3350

Included in Membership.

Non-Members: \$48

KIDZ FITNESS FUNK (4-6 yrs)

Upbeat dance inspired cardio session. Get fit with flare!

DOWNTOWN Y

Mondays, 4:00 - 4:45 pm

Sept 20 - Nov 29

Course 3325

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

Sept 22 - Dec 8 (12 weeks)

Course 3351

Included in Membership.

Non-Members: \$48

KIDZ CIRCUIT (5-12 yrs)

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

NORTHSHORE Y

Thursdays, 4:15 - 4:45 pm

Sept 23 - Dec 9 (11 weeks)

Course 3349

Included in your Membership.

Non-Members: \$44

KIDZ AEROBICS (5-12 yrs)

NEW!

Get moving with skipping, step aerobics, dance moves, bosu and ball workouts. Olivia will make getting sweaty fun.

NORTHSHORE Y

Mondays, 4:15 - 4:45 pm

Sept 20 - Dec 6 (11 weeks)

Course 3352

Included in your Membership.

Non-Members: \$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

KINDERGYM

NEW!

Parents and Children 2-4 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!

DOWNTOWN Y

Thursdays, 10:45 - 11:45 am

Sept 23 - Oct 28

Course 3407

Members: \$18 Non Members: \$36 for all sessions

URBAN NATURE FOR CHILDREN

NEW!

Parents and Children 0-5 years

You and your children will enjoy fresh air, physical activity, story time and a natural art activity as you explore the natural environment in an urban setting. Come prepared for a healthy walk.

HIKE BEGINS AT Y KIDS HOUSE 428 BATTLE ST.

Wednesdays, 9:00-10:30 am

Sept 15 - Oct 20

Course 3408

Members: \$18 Non-Members: \$36 for all sessions

FALL FROLICS (3 - 5 yrs)

As the leaves fall from the trees our preschoolers will frolic in all things autumn including songs, a story and seasonal craft.

NORTH SHORE Y

Tuesdays, 11:00 am - 12:30 pm

Oct 19 - Nov 9 (4 weeks)

Course 3360

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

CHRISTMAS CRAFTS (3 - 5 yrs)

Come and join us for a fun filled hour of making Christmas crafts for the holidays and learn how other families around the world celebrate Christmas.

NORTH SHORE Y

Tuesdays, 11:45 am - 12:45 pm

Nov 16 - Dec 7 (4 weeks)

Course 3360

Members: \$20 Non-Members: \$30

MUSIC EXPRESS (3 - 5 yrs)

Join Vicki and Tina on a Saturday afternoon. Your child will have the opportunity to sing children's songs, explore rhythm and movement and create a musical instrument to take home

NORTH SHORE Y

Saturday, 1:00 - 2:30 pm

Oct 9

Course 3359

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

Y STEVE NASH YOUTH BASKETBALL

Coming to your neighbourhood this fall

- Open to 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. Registration starts September 15.

Go to kamloopsy.org for more information.

Teams are limited to 10 players.

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

We build strong kids, strong families, strong communities.

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

YOUTH PROGRAMS

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

NORTH SHORE Y

Tuesdays, 11:00 am - 12:30 pm

Sept 21 - Oct 12 (4 weeks)

Course 3354

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

GYM AND CRAFT

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, 11:45 am - 12:45 pm (4 - 5 yrs)

Sept 23 - Dec 2 (10 weeks)

Course 3357

Mondays, 11:30 am - 12:30 pm (2 - 3 yrs)

Sept 20 - Nov 29 (10 weeks)

3358

Members: \$30 Non Members: \$60



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

SCHOOL AGE PROGRAMS

HOME SCHOOL FITNESS PROGRAM (6-12 years)

All you home schooled kidz come on out for fun aerobic exercise in the park or in the fitness studio. We will play games and do strength and endurance challenges to keep you fit and healthy.

NORTH SHORE Y

Tuesdays, 2:30 - 3:30 pm

Sept 21 - Dec 7 (11 weeks)

Course 3377

Fee: \$48

SCULPT AND PLAY (6-12 yrs)

Join us Saturdays for an afternoon of creative fun!

Kids ages 6-12 will explore a variety of sculpting materials and techniques that will encourage and reveal their creative side.

Y Kids House 428 Battle Street

Saturdays, 1:00 - 2:00 pm

Sept 18 - Oct 23

Course 3409

Members: \$18 Non-Members \$36

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

Sept 24

Course 3416

Oct 29

3417

Nov 26

3418

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

Registration closes Thursday at 4:00 pm

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

Monday, 8:30 am - 4:30 pm

Sept 27

Course 3410

Friday, 8:30 am-4:30 pm

Oct 22

3411

Monday, 8:30 am - 4:30 pm

Dec 6

3412

Members: \$42.50 Non-Members: \$60

TEEN MACHINE

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

Thursdays, 3:30 - 4:15 pm

Sept 23 - Dec 9 (11 weeks)

Course 3378

Members: \$55 Non-Members: \$88

GIRL POWER

Come on girls 12-15 yrs! 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

Sept 21 - Dec 7 (12 weeks)

Course 3364

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

BEYOND BABYSITTING (13+ 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

Nov 6

Course 3413

Members: \$42.50 Non-Members: \$60.00

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

Monday, 6:00 - 8:30 pm

Oct 4

Course 3414

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

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

kamloopsy.org

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