

## 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.

## "NOBODY'S PERFECT" PROGRAM FOR DADDY AND ME

NEW

Parents and children 0-5 yrs.

It's unique, it's free and dads love it! Fathers can interact and have fun with their children, meet other dads and discuss their everyday challenges. Participants will receive support and resources from each other and a trained facilitator.

**SOUTHWEST Y (CCRR) 1420 HUGH ALLAN DR.**

**Saturdays, 9:00 - 11:00 am**

Jan 23, 30, Feb 6, 20, March 20, 27, April 10

Members: **FREE**

Call 250-372-7791 to Register

## BIG LITTLE CRAFT TIME

NEW

Parents and children 0-12 Fun for any Age!

Come to the Y for a craft time the whole family can enjoy. Everything from a "herd of eggimals" to a "busy bee plant poke" families will enjoy creating and playing together!

**SOUTHWEST Y/CCRR**

**Saturdays, 1:00 - 2:00 pm**

Feb. 13,

Course 2203

March 13,

2204

May 22

2205

Members: \$5 Non-Members: \$7.50 per session

## OLD FASHIONED FAMILY NIGHTS

For parents and children 0-12 years

Families that play together...grow together. Come out for an evening of fun that your whole family can enjoy. Activities will vary from the silly to fun challenges.

**SOUTHWEST Y/CCRR**

**Fridays, 6:30 - 8:00 pm**

January 22 - Giant Games Night

Course 2206

February 19 - "Sci- Fi at the Y" Night

2207

March 19 - Silly Swim Night (Downtown Y)

2208

April 16 - Neighborhood Scavenger Hunt

2209

Members: \$5 Non-Members: \$7.50 per session

## "AT THE HEART OF THE MATTER" PARENT NIGHTS

For parents with children 0-5 years

This program provides an opportunity for parents to view a series of DVD's followed by discussions in a comfortable and informal setting. Subjects will range from teaching limits with love, practical tips for parents to improve fitness and nutrition at home, the promise of preschool experiences and incorporating literacy into everyday activities.

**SOUTHWEST Y/CCRR**

**Tuesdays, 6:30 - 8:00 pm**

Jan 19 - Feb 9

Course 2194

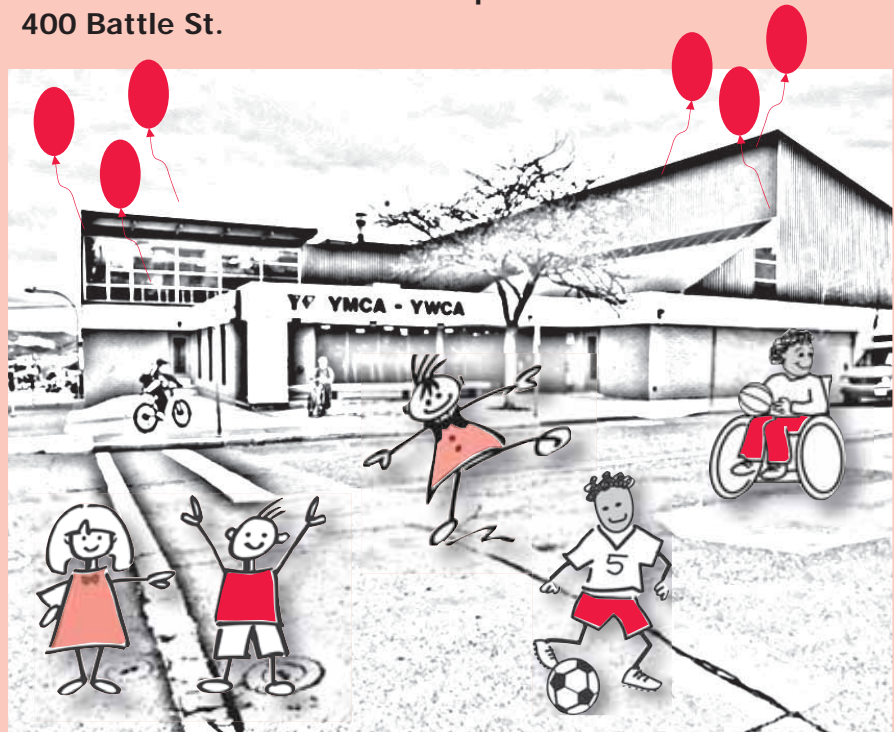
Members: **FREE!** Non-Members: \$20 for all sessions

For More Information call 250-372-7791

# Kamloops Y Healthy Kids Day

**SUNDAY JUNE 6TH 10:00AM TO 2:00 PM**

Inside and outside the Kamloops Downtown Y  
400 Battle St.



**4 hours of FREE family entertainment, activities, snacks and resources to help raise healthy kids. All ages welcome!**

- ✦ Street Hockey
- ✦ Cliffside Climbing Wall
- ✦ Pool Party
- ✦ Nutritious Snacks
- ✦ Tiny Tot Play Area
- ✦ Great Prizes!
- ✦ Street Basketball
- ✦ Bounce Castle
- ✦ Kidzfit Classes
- ✦ Healthy Activities
- ✦ Y Camp Deka's Marty the Moose

**Building a strong community is the reason Y**

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

**kamloopsy.org**

Registered Charity #107556060RR