

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.