

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.