

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Story Time & Crafts 9:00am-10:00am	Y MOVE - Foxes 9:00am-9:45am		Y MOVE - Squirrels 9:00am-9:45am		Y MOVE - Squirrels 10:00am-10:45am	Little Artists 10:00am-11:00am
	Y MOVE - Ladybugs 10:00am-10:45am	Y MOVE - Wolves 9:00am-9:45am		Y MOVE - Grasshoppers 9:00am-9:45am		Y MOVE - Rabbit 10:00am-10:45am	Y MOVE - Moose 11:15am-12:00noon
	Y MOVE - Grasshoppers 10:00am-10:45am	Y MOVE - Ladybugs 10:00am-10:45am				Home Alone (Dates TBD)	Y MOVE - Deer 11:15am-12:00noon
	Y MOVE - Rabbits 10:00am-10:45am		Multi-Age Homeschool Group Gym Time 2:15pm-3:00pm			Baby Sitter Training (Dates TBD)	
			Grade 6 Open Gym 3:30pm-4:30pm	Youth Open Gym 3:30pm-4:30pm			
			Y MOVE - Moose 4:45pm-5:30pm	Y MOVE - Foxes 4:45pm-5:30pm	Y MOVE - Bears 4:00pm-4:45pm		
	Y MOVE - Bear 4:45pm-5:30pm		Y MOVE - Deer 4:45pm-5:30pm		Y MOVE - Cougars 4:00pm-4:45pm		
	Y MOVE - Cougar 4:45pm-5:30pm				Craft Corner 4:30pm-5:30pm		

NBCY - Revision Date: December 12, 2017

This schedule is subject to change.  
For the most up to date schedule information,  
please visit our website: nbc.ymca.ca

Gymnasium	Y MOVE (Gym)	All Purpose Room	REC Room	Childminding
Registered Program - see the Membership Services Desk for details				

Home Alone Course (Registered)  
Dates & Times - TBD

Baby Sitter Training (Registered)  
Dates & Times - TBD

<p><b>YMCA Facility Hours</b> Monday - Friday • 5:00am - 10:00pm Saturday &amp; Sunday • 6:00am - 10:00pm *Statutory Holidays • 7:00am - 7:00pm *December 25<sup>th</sup> • CLOSED *NOTE: On STATUTORY HOLIDAYS regularly scheduled programs will NOT run. A revised schedule will be in effect.</p>	<p><b>Childminding Hours</b> Monday - Friday • 8:30am-7:30pm Saturday - Sunday • 9:00am-5:00pm Statutory Holidays • 9:00am-5:00pm December 24<sup>th</sup> &amp; 25<sup>th</sup> • CLOSED <b>REC Room Hours</b> Monday - Friday • 2:30pm-7:30pm Saturday &amp; Sunday • 9:00am-7:00pm Pro D Days and Stat Holidays • 9:00am-5:00pm December 24<sup>th</sup> &amp; 25<sup>th</sup> • CLOSED</p>
--	--



# Class Descriptions

## Y MOVE - Ladybugs

For children three to five years old with limited experience with basic movement skills. In Ladybugs, fun activities such as jumping and rolling, and kicking a ball will be used to encourage children to explore their environment and different ways their bodies can move.

## Y MOVE - Grasshoppers

For children three to five years old with minor experience in basic movement skills. In Grasshoppers, fun activities such as running forward, two-hand underhand toss and striking a ball with a paddle will be used to help children to develop new basic skills and become more comfortable interacting in their environment.

## Y MOVE - Rabbits

For children three to five years old with experience in some basic movement skills. In Rabbits, children will be introduced to jumping and hopping forward, skipping and galloping, and two-hand dribbling forward. They will become more confident in their environment and willing to try new skills and activities.

## Y MOVE - Squirrels

For children three to five years old with experience in some basic movement skills. In Squirrels, children will learn the new skills of dynamic and object balance along with more advanced skills of two-hand tossing to a partner and dribbling a ball with the inside of their feet. They will participate in fun and playful activities to increase their motivation and confidence.

## Y MOVE - Foxes

For children three to five years old with experience in most basic movement skills. In Foxes, children are interacting more with their peers whether it be through partner activities or group games. They will be introduced to jumping and hopping over obstacles, striking a ball with a hockey stick, and forward shoulder rolls.

## Y MOVE - Wolves

For children three to five years old with experience in all basic movement skills. In Wolves, children will continue to develop their physical and social skills through structured activity and play. They will be introduced to running, skipping and galloping over obstacles, jumping from a height and one-hand tossing.

## Y MOVE - Moose

For children six to nine years old with experience in all basic movement skills. In Moose, children begin to build on the basics and combine skills such as catching a ball while balanced on one foot and throwing a ball while jumping. They will continue to increase social interactions with their peers through practice and game play.

## Y MOVE - Deer

For children six to nine years old with experience in all basic movement skills and some experience in combination skills. In Deer, children will continue to build on basic skills and combination skills such as throwing a ball while balanced on one foot and catching a ball while jumping forward. They will continue to increase their confidence in social interactions with their peers through practice and game play.

## Y MOVE - Bears

For children six to nine years old with experience in all basic movement skills and combination skills. In Bear, children will continue to develop basic and combined skills, and work towards performing an individual roll routine for a small group. Children will increase their social interactions by working cooperatively with partners and in larger groups.

## Y MOVE - Cougars

For children six to nine years old with experience in all basic movement skills, combination skills, and minor game strategies. In Cougar, children will continue to develop basic skills and combination skills while also working on game strategies. They will continue to work on social interactions as they create a partner and group routine of balance, jump rope and a rolling.

## Craft Corner (6-12 years)

Inspire creativity, self confidence and discovery through a multitude of arts and crafts.

## Children's Aikido

A wonderful martial art for children aged 6-12. Aikido is a non-competitive, self-defence system that focuses on harmonious body movement and balance control through physical connection. Children will learn respect, self-discipline and confidence.

## Little Artists (3-5 years)

Drawing, colouring, painting and more! Engage your child in creative expression.

## Story Time (3-5 years)

Express your creativity and imagination through our interactive story time.

## Yoga Kids (8-12 years)

Explore the art of yoga with a special class just for kids! Yoga is a non-competitive, relaxing and fun way to stay active.

## Youth Open Gym & Grade 6 Open Gym

Explore sports such as basketball, floor hockey and volley ball during open gym time. Challenge yourself and your friends to try a new activity.