



Northside Community Centre

YMCA Fall Programs | Sept - Dec 2019

Session Dates
 Fall I Sept 9 – Oct 27 | 7 weeks
 Fall II Oct 28 – Dec 22 | 8 weeks

PRESCHOOL, CHILD & YOUTH PROGRAMS				Fee Per 8 Week Session*
	Age	Day	Time	
Basketball	6-9yrs	Mon	5-5:55pm	\$48
	9-12yrs	Mon	6-6:55pm	\$48
Sports of all Sorts	6-9yrs	Wed	5-5:55pm	\$48
	9-12yrs	Wed	6-6:55pm	\$48
	6-9yrs	Sat	10-10:55am	\$48
	9-12yrs	Sat	11-11:55am	\$48
Arts & Crafts	5-7yrs	Mon	6-7pm	\$68
	7-9yrs	Mon	7-8pm	\$68
Kids in the Kitchen	4-5yrs	Tues	6-7pm	\$68
	5-7yrs	Thu	6-7pm	\$68
	7-9yrs	Tue	7-8pm	\$68
	9-12yrs	Thu	7-8pm	\$68
Kids Club	5-12yrs	Mon-Fri	3-5pm	\$240
Leaders in Training	12-17yrs	Thu	6-8pm	\$120

*Programs with a class falling on statutory holidays will be prorated accordingly.

DROP IN	Age	Day	Time	Fee Not Incl GST
Youth Centre	8-17yrs	Mon-Thu	3-8pm	\$4 visit or \$34 for 10 visit pass
		Fri	3-6pm	
		Sat	10am-12pm	
		Sun	1-4pm	
Teen Night	13-17yrs	Fri	6-9pm	\$4 visit or \$34 for 10 visit pass
Open Gym	8+	Mon-Fri	3-4:50pm	\$4 visit or \$34 for 10 visit pass
		Sun	1-4pm	
Open Gym	17+	Mon & Wed	7-9pm	\$4 visit or \$34 for 10 visit pass

DAY CAMPS	Age	Day	Time	Fee
Winter Break Week 1	6-12yrs	Dec 23, 24 and 27	8:30-4:30pm*	\$210
Winter Break Week 2	6-12yrs	Dec 30, 31 and Jan 2,3	8:30-4:30pm*	\$210

ADULT RECREATION PROGRAMS	Day	Time	Fee Not incl GST
Basketball	Thu	7-9pm	\$4 visit or \$34 for 10 visit pass
Pickleball	Tue & Thu	1-3pm	
	Tue	7-9pm	
Mental Health First Aid Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.	Sept 26 & 27	9am-4pm	\$160
	Nov 2 & 3	9am-4pm	\$160
Bootcamp	Mon Thu	9-10am 6-7pm	Drop in \$7 class 10 visit pass \$60 \$48 for one class/ 8 week session
Step	Tue	9-10am	
Strength	Tue	6-7pm	
	Wed	10-11am	
Kickboxing	Mon	5-6pm	
	Thu	9-10am	
Yoga	Mon	7-8pm	
	Thu	10-11am	
	Thu	7-8pm	
HIIT	Fri	9-10am	
	Sat	10-11am	
Baby and Me Fitness	Tue	10-11am	
Cyclefit	Wed	9-10am	
	Wed	6-7pm	
	Sun	11am-12pm	

**Programs with a class falling on statutory holidays will be prorated accordingly.*

YMCA Child Minding 6 wks-12yrs	\$5.25 hr/per child or \$47.50 for a 10 hour pass
This service offers parents the opportunity to enjoy programs and activities while their children enjoy a safe, interactive, and fun environment. Registration is recommended to ensure availability. Parents are to remain in the building. Child minding will be available 15 minutes before and after the above group fitness classes.	