



Shine On

FALL 2023 SCHEDULE

Children & Youth

September 11th - December 16th

MONDAY

9am-11am Childminding (*childminding room*)

4:30pm-7:30pm Childminding (*childminding room*)

6:15pm-7:45pm Youth Zone (*Youth Zone*)

5pm-6pm Mini Chefs (*Community Room*)

6:15-7:15pm Kids in the Kitchen (*Community Room*)

TUESDAY

8:30am-10am Childminding (*childminding room*)

10:30am-11:30am Playpals (*gym*)

4:30-7:30pm Childminding (*childminding room*)

5pm-6pm Creative Y Group 1 (*community room*)

6pm-7pm Creative Y Group 2 (*community room*)

5pm-7pm Youth Zone (*Youth Zone*)

5pm-6pm *First Tee Golf for 5-7 year olds (*gym*): **Sept 12-Oct 24**

6pm-7pm *First Tee Golf for 8-12 year olds (*gym*): **Sept 12-Oct 24**

5pm-6pm *Floor Curling for 5-7 year olds (*gym*): **Nov 7-Dec 12**

6pm-7pm *Floor Curling for 8-12 year olds (*gym*): **Nov 7- Dec 12**

Wednesday

9am-11am Childminding (*childminding room*)

4:30pm-7:30pm Childminding (*childminding room*)

4pm-5:30pm Safe Sisters (*community room*)

4:00pm to 4:30pm Youth Learn to Play Squash 7-10yrs (*squash court*)

4:30pm to 5:30pm Youth Learn to Play Squash 11+yrs (*squash court*)

5:15pm-6pm *Hip Hop/Jazz Group 1 (*MB2 studio*): **Sept 27-Dec 13**

6:15pm-7pm *Hip Hop/Jazz Group 2 (*MB2 studio*): **Sept 27-Dec 13**

Register up to three days in advance: ymcaofcape.punchpass.com

***Registered Programs**



THURSDAY

8:30am-10am Childminding (*childminding room*)

10:30am-11:30am Playpals (*gym*)

4:30-7:30pm Childminding (*childminding room*)

5pm-7pm Active Y (*gym*)

5-6:30pm *Y-Minds Teen(*community room*): **Oct 26-Dec 7**

Fridays

9am-11am Childminding (*childminding room*)

5pm-7pm Youth Zone (*Youth Zone*)

5-6pm and 6-7pm *NHL Street (depending on games scheduled) (*gym*): **Nov 10-Dec 15**

6:30pm-8:30pm Pizza and Movie night (*childminding room*)

Saturdays

10:30am-11:30am Active Playtime 1-5 year olds (*gym*)

11:30am-12:30pm Active Playtime 5-12 year olds (*gym*)

12-3pm Youth Zone (*Youth Zone*)

1-3pm Bounce House Birthday parties (*gym*)

8am-4pm *Home Alone/Babysitting Courses, scheduled monthly/every three months (*community room*)

Sundays

12-12:45pm *Ballet Group 1 (*studio*): **Sept 24-Dec 10**

1-1:45pm *Ballet Group 2 (*studio*): **Sept 24-Dec 10**

12-12:45pm *Tumblebugs 18 months-2 years (*community room*)

1-1:45pm *Tumblebugs 3-4 year olds (*community room*)

3:30-4:15pm *Youth Tri Club ages 12-18 (*pool/spin room/wellness center or outdoors depending on weather*):

Sept 17-Dec 3, with an indoor triathlon for ALL AGES on Sunday, Dec 10

Register up to three days in advance: ymcaofcape.punchpass.com

***Registered Programs**