

Winter Schedule 2024 Youth Fitness



Make Time for You to
Shine On

MONDAY

Childminding 9am-11am (Childminding Room)

Childminding 4:30-7:30pm (Childminding Room)

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

Mini Chefs 5-6pm (Community Room)

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

TUESDAY

Childminding 8:30am-10am (Childminding Room)

Play Pals (Pool) 10-10:45am (Gym) 10:30am-11:30am

Childminding 4:30-7:30pm (Childminding Room)

Creative Y Group 1 5-6pm (Community Room)

Creative Y Group 2 6:15-7:15 pm (Community Room)

Youth Zone 5-9 pm (Youth Zone)

*REGISTERED PROGRAMS:

NHL Street 6-8 year olds 5-7 pm

(8 week session running January 30-March 19)

Floor Curling 5-7 year olds 5-5:45 pm

(4 week session, running twice a week:
Tuesdays and Fridays, from April 2-26)

Floor Curling 8-12 year olds 6-6:45 pm

(4 week session, running twice a week:
Tuesdays and Fridays, from April 2-26)

First Tee Golf 5-7 year olds 5-5:45pm

(Gym): April 30-June 4 (6 week session)

First Tee Golf 8-12 year olds 6-6:45 pm

(Gym): April 30-June 4 (6 week session)

<https://ymcaofcapebreton.punchpass.com/classes>



WEDNESDAY

Childminding 9am-11am (Childminding Room)

Childminding 4:30-7:30pm (Childminding Room)

Safe Sisters 4-5:30pm (Community Room)

REGISTERED PROGRAMS:

Hip Hop/Jazz Group 1 5-5:45pm (MB2 studio)

Jan 10-March 13 (10 week session) and March 20-June 5 (12 week session)

Hip Hop/Jazz Group 2 6-6:45pm (MB2 studio)

Jan 10-March 13 (10 week session) and March 20-June 5 (12 week session)

THURSDAY

Childminding 8:30am-10am (Childminding Room)

Playpals 10:30am-11:30am (Gym)

Childminding 4:30-7:30pm (Childminding Room)

Active Y 5pm-7pm (Gym)

Youth Zone 5pm-9pm (Youth Zone) (***new day and time**)

FRIDAY

Childminding 9am-11am (Childminding Room)

Youth Zone 5-7 pm (Youth Zone)

REGISTERED PROGRAMS:

NHL Street 9-11 year olds 5-7 pm

(8 week session running January 30-March 19)

Floor Curling 5-7 year olds 5-5:45 pm

(4 week session, running twice a week: Tuesdays and Fridays, from April 2-26)

Floor Curling 8-12 year olds 6-6:45 pm

(4 week session, running twice a week: Tuesdays and Fridays, from April 2-26)

Pizza and Movie night 6:30pm-8:30pm (Childminding Room)

SATURDAY

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

Active Playtime 5-12 year olds 11:30-12:30pm (Gym)

Youth Zone 12-3pm (Youth Zone)

Bounce House Birthday parties 1-3pm (Gym)

*REGISTERED PROGRAMS:

Home Alone 9am-12pm

first Saturday of the month, alternating months with the Babysitting course.

Babysitting Courses 8am-4pm

first Saturday and Sunday of the month, alternating months with the Home Alone Course



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SUNDAYS

REGISTERED PROGRAMS:

Ballet Group 1 12-12:45pm (studio)

Jan 7-March 10 (10 week session) and March 17-June 2 (12 week session)

Ballet Group 2 1-1:45pm (studio)

Jan 7-March 10 (10 week session) and March 17-June 2 (12 week session)

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

Jan 7-Feb 25 (8 week session) and March 10 – April 14 (6 week session) and April 28-June 2 (6 week session)

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

Jan 7-Feb 25 (8 week session) and March 10 – April 14 (6 week session) and April 28-June 2 (6 week session)

Babysitting Courses 8am-4pm

first Saturday and Sunday of the month, alternating months with the Home Alone Course

Youth Tri Club –

Y-Minds Teen (time and date TBD)

***Online Registration available:** [Activity search](#) | [YMCA of Cape Breton Online \(activecommunities.com\)](#)