

WINTER 2025 SCHEDULE

Starting January 6th

Children & Youth

MONDAY

9:00am - 11:00am - Childminding (6 months to 5yrs)
4:30pm - 7:30pm - Childminding (6 months to 5yrs)
5:00pm - 6:00pm - Mini Chefs (Ages 5-7yrs)
6:00pm - 7:00pm - Kids in the Kitchen (Ages 8-12 yrs)
7:00pm - 9:00pm - Teen Den (Ages 12-18yrs)

TUESDAY

8:30am - 10:30am - Childminding (6 months to 5yrs)
10:00am-10:45am - Playpals (Pool) (5yrs and under)
10:30am-11:30am - Playpals (Gym) (5yrs and under)
4:30pm - 7:30pm - Childminding (6 months to 5yrs)
5:00pm - 6:00pm - Creative Y (Ages 5-7 yrs)
6:00pm-7:00pm - Creative Y (Ages 8-12 yrs)
5:30pm - 9:00pm - Teen Den (Ages 12-18 yrs)

WEDNESDAY

9:00am - 11:00am - Childminding (6 months to 5yrs)
4:30pm - 7:30pm - Childminding (6 months to 5yrs)
4:00pm-4:45pm - Learn to play Squash (Ages 7-10yrs)
4:45pm-5:30pm - Learn to play Squash (Ages 10+yrs)
Safe Sisters: Timing and start date TBD ** (female identifying youth in grades 7&8)
5:00pm-6:00pm - *Pilot STEM PROGRAM (5-8 yrs)
6:00pm-7:00pm - *Pilot STEM PROGRAM (9-12 yrs)

THURSDAY

8:30am - 10:30am - Childminding (6 months to 5yrs)
10:00am-10:45am - Playpals (Pool) (5yrs and under)
10:30am-11:30am - Playpals (Gym) (5yrs and under)
4:30pm - 7:30pm - Childminding (6 months to 5yrs)
5:00pm - 7:00pm - Active-Y (Ages 5-12yrs)
5:00pm - 9:00pm - Teen Den (ages 12-18yrs)

FRIDAY

8:45am - 11:00am - Childminding (6 months to 5yrs)
5:00pm - 7:00pm - Teen Den (ages 12-18yrs)
6:00pm - 8:45pm - Pizza & Movie Night (Ages 5-12yrs) (\$5 per child)

SATURDAY

8:30am-11:30am - Childminding (6 months to 5yrs)
10:30am - 11:30am - Active Playtime (0-5 Years)
11:30am - 12:30am - Active Playtime (6-12 Years)
12:00pm - 3:00pm - Teen Den (Ages 12-18yrs)
1:00pm - 3:00pm Bounce House Birthday Party (*RENTAL*)

SUNDAY

12:15pm - 1:00pm - Jazz (Group One) (ages 5-12yrs)
1:15pm - 2:00pm - Hip-Hop (Group One) (Ages 5-12yrs)
2:15pm - 3:00pm - Jazz (Group two) (Ages 5-12)
3:15pm - 4:00pm - Hip-Hop (Group Two) (Ages 5-12)
11:00pm-11:45pm - Tumblebugs (Ages 18 mons- 2 yrs)
12:00pm-12:45pm - Tumblebugs (Age 3-4 yrs)



Registration Required

Please visit our
website to sign up
capebreton.ymca.ca



Program Start Dates

Children and Youth Programs begin the week of January 6th
Children and Adult Swim Lessons begin the week of January 6th as well, check out our Full Aquatics Schedule!
Family swim times are available as well.
Learn more on our website capebreton.ymca.ca

Children and Youth Registration programs dates

NHL Street:
March 25th (Ages 6-8) for 8-weeks Tuesdays
March 28th (Ages 9-11) for 8-weeks Fridays
Registration opens February 17th and closes February 28th

STEM Pilot Program 4-Weeks (Drop in):
Wednesdays From February 5th – February 26th
5:00pm-6:00pm (Ages 5-8yrs) and 6:00pm-7:00pm (Ages 9-12yrs)

Pilot 3V3 Basketball Tournament - stay tuned for details!

Pilot STEM Program

This February, spark your child's curiosity and creativity with hands-on STEM Pilot Program activities at our YMCA! For kids between 5 and 12, we will build things like balloon-powered cars that zoom across the room, glowing, bubbly lava lamps and explore circuits that light up.

Babysitting course

2-Day Course
January 11: 9:00am-3:00pm &
January 12: 9:00am-2:00pm
Registration dates: December 19 to January 9
2-Day Course
March 29: 9:00am-3:00pm &
March 30: 9:00am-2:00pm
Registration date: March 10 to March 26
Course fee: \$60

Home Alone course

February 8: 9:00am-12:00pm
Registration date: opens January 20 and closes February 6
April 26: 9:00am-12:00pm
Registration date: opens April 7 and closes April 23
Course fee: \$40

NHL STREET

NHL Street is designed to provide kids and their families the best of what youth sports can be: having fun, staying active, making friends, and creating great memories.

That's why the NHL and the YMCA are inviting you to join our street hockey league where kids of all skill levels can learn and play. When you join NHL STREET™, you can expect a fast-paced game that teaches teamwork, creativity, and resilience.



Created with parents in mind, we're ensuring the pressure, schedules, and costs typically associated with hockey (and other youth sports) are kept in check. No ice. Limited rules. Unlimited fun. Discover hockey more accessible and affordable than ever before (*fee based program: \$40*).

Sign up for classes here:

Learn more about the programs
at capebreton.ymca.ca

