

## Youth Registered Programs (Ages 6 – 18 years old)

Week of January 8 – Week of March 25

Subject to availability. Participants can register for 2 programs per term.

Participants (**12 years old and younger**) are limited to 1 swimming lesson program per term. Additional fees may apply.

<b>Program</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Additional Fee (no HST)</b>
<b>Badminton Instruction – Beg./Int. (Ages 7 +)</b>	Saturday	5:00 – 6:00 p.m.	YMCA Gymnasium 570 York Street	-
<b>Badminton Instruction - Adv. (Ages 10 – 14)</b>	Saturday	6:00 – 7:00 p.m.	YMCA Gymnasium 570 York Street	-
<b>Ball Hockey (Ages 8 – 11)</b>	Tuesday	6:30 – 7:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Ball Hockey (Ages 12 – 15)</b>	Tuesday	7:30 – 8:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Disc Golf (Ages 8+)</b>	Saturday	10:30 – 11:30 a.m.	YMCA Gymnasium 570 York Street	-
<b>Fencing – Youth I (Ages 8 – 11)</b>	Tuesday	6:00 – 7:00 p.m.	512 George Street	\$25.00
<b>Fencing – Youth II (Ages 11 – 14)</b>	Thursday	6:00 – 7:00 p.m.	512 George Street	\$25.00
<b>Indoor Golf - First Tee (Ages 6 – 9)</b>	Sunday	12:30 – 1:15p.m.	YMCA Gymnasium 570 York Street	-
<b>Indoor Golf – First Tee (Ages 10 – 13)</b>	Sunday	1:15 – 2:00 p.m.	YMCA Gymnasium 570 York Street	-
<b>Jr. Strength Training – Youth I (Ages 8 – 11)</b>	Saturday	1:30 – 2:30 p.m.	YMCA M & M Studio 570 York Street	-
<b>Jr. Strength Training – Youth II (Ages 12 – 15)</b>	Saturday	2:30 – 3:30 p.m.	YMCA M & M Studio 570 York Street	-
<b>Karate – Intro (Ages 6+)</b>	Sunday	10:00 – 11:00 a.m.	YMCA Gymnasium 570 York Street	\$30.00 (and \$48 for the Gi)
<b>Karate – Beg./Adv. (Ages 7+)</b>	Monday & Wednesday	6:30 – 7:30 p.m. 6:30 – 7:30 p.m.	YMCA Gymnasium 570 York Street	\$50.00 (and \$48 for the Gi)

<b>Karate – For Teens &amp; Adults (Ages 13+)</b>	Monday & Wednesday	7:45 – 8:45 p.m. 7:45 – 8:45 p.m.	YMCA Gymnasium 570 York Street	\$50.00 (and \$55 for the Gi)
<b>Learn to play racquet sports (Ages 6 – 10)</b>	Saturday	3:45 – 4:45 p.m.	YMCA Gymnasium 570 York Street	-
<b>Muay Thai (Ages 6 – 12)</b>	Tuesday, Thursday & Sunday	6:00 – 7:00 p.m. 6:00 – 7:00 p.m. 10:00 – 11:00 p.m	YMCA – Jones Room 570 York Street	-
<b>Muay Thai (Ages 13 – 18)</b>	Tuesday, Thursday & Sunday	7:00 – 8:00 p.m. 7:00 – 8:00 p.m. 11:00 – 12:00 p.m	YMCA – Jones Room 570 York Street	-
<b>Multisport (Ages 6 – 9)</b>	Saturday	1:00 – 2:00 p.m.	Priestman Street School – 363 Priestman Street	-
<b>Multisport (Ages 6 – 9)</b>	Wednesday	5:15 – 6:15 p.m.	YMCA Gymnasium 570 York Street	-
<b>Movin’ and Groovin’ (Ages 6 – 8)</b>	Monday	5:45 – 6:30 p.m.	YMCA - Jones Room 570 York Street	-
<b>Movin’ and Groovin’ (Ages 6 – 8)</b>	Saturday	10:30 – 11:15 a.m.	YMCA – Jones Room 570 York Street	-
<b>Movin’ and Groovin’ (Ages 8 - 12)</b>	Saturday	12:15 – 1:00 p.m.	YMCA – Jones Room 570 York Street	-
<b>Squash – Youth I (Ages 7 – 9)</b>	Saturday	2:00 – 2:45 p.m.	YMCA Squash Courts 570 York Street	-
<b>Squash – Youth II (Ages 10 - 12)</b>	Saturday	3:00 – 3:45 p.m.	YMCA Squash Courts 570 York Street	-
<b>Squash – Youth III (Ages 13 – 16)</b>	Saturday	4:00 – 4:45 p.m.	YMCA Squash Courts 570 York Street	-
<b>Volleyball Instruction – Beg. (Ages 8 – 11)</b>	Sunday	4:30 – 5:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Volleyball Instruction – Int./Adv. (Ages 11+)</b>	Sunday	5:30 – 6:30 p.m.	YMCA Gymnasium 570 York Street	-
<b>Water Polo (Ages 6 – 10)</b>	Sunday	1:45 – 2:45 p.m.	YMCA Pool 570 York Street	-
<b>Water Polo (Ages 11+)</b>	Sunday	3:00 – 4:00 p.m.	YMCA Pool 570 York Street	-

<b>UNB Spring</b>	Sunday	9:00 – 11:00 a.m.	YMCA Gymnasium & YMCA Leisure Pool 570 York Street	\$60.00
<b>YMCA – FAST (Ages 12 – 16)</b>	Mondays & Fridays	5:45 – 6:45 p.m. 4:30 – 5:30 p.m.	YMCA – Pool 570 York Street	\$90.00