

### Active Arts 3 - 5 yrs

Develop your child's sense of adventure as he or she experiments with gym equipment and discovers an artistic side with crafts. Gym activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

Wed 1:00-2:00pm

### Adventure into Lifesaving 11+

Adventure into Lifesaving is back! This program, unique to KFY, is all about moving participants beyond regular swimming lessons. This program is perfect for anyone who is ready to develop lifesaving skills for the Bronze Medallion and Cross courses. Participants must be at least 11 years old or have completed the Master level in the Y Swim Program.

Saturday 9:00-10:00am

Program Membership required

### Baby Talk FREE!

Baby Talk is a series of drop-in parenting classes for those with infants 0-12 months. Come and build relationships, share experiences and gain some knowledge. This program is put on in conjunction with Interior Health. Please check our website for a program schedule.

Tuesday 1:30-2:30pm

### Karate 6 - 14 yrs

YMCA is proud to offer Karate for Kids taught by nationally certified instructors of the Rodney Hobson Karate Academy. Our formula is simple ... Self-Defense + Self-Discipline = Self-Confidence. We help children develop a healthy mind and body so they have the energy and fitness to face life's challenges, and succeed. Being self-confident means your child believing in him/herself. This is easy to do when your child has the self-discipline to achieve goals and the self-defense skills to back him/her up so they don't have to feel intimidated to stand up for what they believe in.

Mon or Wed 4:30-5:30pm

Program Membership Required

### Adventurers 6 - 9 yrs

Ignite the spirit of your young explorer with a different activity each week – everything from fitness, to games to crafts.

Wed, Thurs 3:30-4:30pm

### Continuous Swim Lessons 6 months+

At the Y, we know that it takes a child more than six weeks to develop effective life long water safety skills. That is why we are thrilled to be programming the continuous swim lesson model at the Kelowna Family Y. We have listened to your feedback and are excited to offer the same quality YMCA Canada swim lessons in a more convenient, no hassle model. Simply register one time and enjoy all of the benefits. We are confident this model is the right fit for developing and building strong kids and strong families in our community. Visit [www.kfy.ca](http://www.kfy.ca) for all of the benefits and timeslots offered.

Program Membership Required

### Girls Space 10 - 12 yrs

When girls get together great things happen! Girls join us in the youth zone on Thursday nights for an opportunity to develop your creativity and new friendships, discuss topics related to girls, learn leadership skills and to take part in a variety of activities to special events and volunteerism.

Thurs 6:00 - 8:00pm

### Infant Massage

This 3 week course prepares parents & caregivers of young babies to confidently perform infant massage techniques & strokes as taught by the International Association of Infant Massage. These techniques will grow with your child, the gift of massage will last a lifetime!

Sept 22, 29, Oct 6; 12:30-2:00 pm

Oct 6, 13, 27; 6:00-7:30pm

Members: \$30

Non-members: \$60

(spouse/partner included)

**Free Information session;** Sept 15, 1:00-1:30.

**Members: Free/Public Facility Drop-In Fee** (unless noted otherwise)

Please sign-in at member Services prior to each class



## Junior Leaders 9 - 11 yrs

Make new friends and build your confidence in Junior Leaders – a fun, safe environment for young people to develop leadership skills through team building, group activities and out trips.

Wed 6:00-8:00pm

## Mini Fit Kids 3 - 5 yrs

Looking for a way for your child to experience more than just one sport? In Mini Fit Kids he or she will explore many new and exciting sports from soccer to floor hockey to gym games.

Friday 1:00-1:45pm

## Teen Yoga 13 - 19 yrs

Come spend some time increasing your core strength, flexibility, and improving your posture in a fun, safe environment just for teens! Ages 13-19 welcome in this varied class, catering to any teen from beginner to experienced yoga.

Mon 4:00-5:00pm

## Youth in Action 11 - 14 yrs

Make new friends and build skills through Youth in Action! Join us in the youth zone on Wednesday nights and develop leadership skills through team building, group activities, and games in the gym. This program will open doors for participation in a Provincial YMCA Youth Conference and community volunteer projects; helping youth build connections and become tomorrow's leaders.

Wed 6:00-8:00pm

## Let's Dance! 10+ yrs

Get ready to knock out the beats as we take you through a breath-taking dance moves in the hottest dance trends around! Come on dance yourself into shape!

Thursday 4:30-5:30pm

## Movie Mania 8+ yrs

Enjoy Friday nights with your friends watching a movie, playing games in the gym and having fun in the pool.

Fri 6:00-9:00pm

## Youth Advisory Council 15 - 18 yrs

The Y's Youth Advisory Council is an ambitious group of grade 10-12 students who gather every Wednesday to mentor youth, create new programs, and help organize and put on events for children and youth at the Y.

***Who better to get youth excited about their community than you?***

### What can you bring to the Y's Youth Advisory Council?

As a council member put on events for the Y from the Halloween Spooktacular to Santa's Workshop. Be a role model and mentor for youth.

Earn volunteer hours, experience and leadership skills to help develop your resume and make you stand out as a leader.

To volunteer or for more information please contact Coreen Hobson, Child & Youth Director  
Meetings Wed 5:00-7:00 pm

## Childminding

Monday - Saturday 8:30am- 12:30pm  
Tues/Thurs 4:30-7:30pm  
Members: \$3.50/ 1 ½ hour; 10 punch card \$35.00

Youth Gym Time 10+ yrs	Gymnasium; Climbing Wall & Sports Wall	Mon-Fri Fri Sat	3:00-5:00pm 8:00-9:30pm 7:00-9:00pm
Youth Time 10+ yrs	Youth Zone	Mon-Thurs & Sat Fri	3:00-9:00pm 3:00-10:00pm
Preschool Drop-In	Gymnasium	Mon-Sat	9:00-12:00pm
Family Gym Time	Gymnasium; Climbing Wall & Sports Wall	Mon-Thurs Fri	5:30-7:00pm 5:30-8:00pm
Parent&Tot Playtime	Leisure Pool	Mon-Fri	11:00-12:00pm
Family Time	Youth Zone	Sat Sun	9:00-3:00pm 9:30-5:00pm
Family Drop-In Badminton	Gymnasium	Sun	9:30-11:00am

