

# KIDS & YOUTH

MEMBERS ONLY

Schedule in effect from January 7 - June 15, 2008

## NEW Never Bee Lost

Have you ever been separated from your child in the mall? this one hour program is designed to teach children what to do if they become lost or separated from their parents in a public place.  
Ages 5 - 7 years Saturdays 9 - 10 a.m.  
Wayne McMichael Room  
January 26, February 23, March 29, April 26, May 24, June 14

## NEW Stranger Smarts

Do your kids know what to do when approached by a stranger? This two hour program is designed to capture the attention of kids and allow them to learn how to make safe choices when approached by a stranger.  
Ages 7 - 10 years Saturdays 10 a.m. - 12 noon  
Wayne McMichael Room  
January 26, February 23, March 29, April 26, May 24, June 14

## NEW I Wanna Walk

Are you having a hard time letting your kids walk to school on their own? Well this 2 hour program is designed to prepare kids ages 9 - 11 to walk to and from school safely. walking is promoting a healthy lifestyle and it is environmentally friendly as well.  
Ages 8 - 11 years Thursdays 5:30 - 7:30 p.m. Learning Centre  
April 17, May 22

## On My Own

This one-night course is to prepare kids for the responsibility of being on their own for short periods of time. Kids will learn about snacks to make, safety precautions and activities to do while home alone.  
Location: Wayne McMichael Room  
Ages: 9 - 14 years Fridays 6:30 - 8:30 p.m.  
January 11, February 8, March 28, April 18, May 9, June 6

## Babysitting Course

Learn the basic skills and knowledge to care for young children. 100% attendance and minimum 75% on written exam required. Opportunity to earn Emergency First Aid & CPR B.  
Location: Wayne McMichael Room  
Fee: \$27 12+ years Saturdays 2 - 3:30 p.m.  
January 12 - March 8 / March 29 - June 14 (no class May 17)

## Outdoor Education

This 6 week program is designed to teach youth about the outdoors. Each week youth will be exposed to a different outdoor skill including camping, nature, basic first aid, survival skills and more. On the last day parents are welcome to join the youth as they show off their new skills and a hike through Dumfries Trails. Register at Membership Services  
Ages: 10 - 14 years Mondays 6 - 7 p.m. Atrium  
Fee: \$26.25 April 28 - June 9 (no class May 19)

## Birthday Parties

Plan to spend a fun-filled afternoon at the Y! Swimming, multi-purpose room access, gym activity - under 6 years tumbling mats, 6 years and over use the air obstacle course for 45 minutes. Saturday birthday parties receive open gym instead of air obstacle course. For more information or to book, inquire at Member Services.  
Fee: \$75 for YMCA members or \$99 for non members, maximum 10 children.  
3 - 10 years Saturday 1 - 4 p.m.; Sunday 12 - 3 p.m.  
New! Birthday parties for youth at the Z!  
Ages 11 - 14 years Sunday 12 - 3 p.m.  
Ages 15+ years Sunday 12 - 3 p.m.  
Fee: \$75 for YMCA members or \$99 for non members  
Call the Z for more details or to book. 519.623.YMCA ext. 306  
Birthday parties not offered on long weekends.



## Chaplin Family YMCA

250 Hespeler Road  
Cambridge, ON N1R 3H3  
(519) 623.YMCA

[www.ymcambridge.com](http://www.ymcambridge.com)

## Kids in the Kitchen

Lets get cooking with kids in the kitchen. During this program we'll explore creative ways to prepare healthy meals and after-school snacks. Our chefs will have hands-on experience learning basic cooking skills and safety in the kitchen. Meet in the kitchen at the Z beside the Y.

6-8 years Saturdays 12 - 1 p.m.

Fee: \$18.50/session

January 12 - March 8; March 29 - June 14 (no class May 17)

## Bits N' Bites

This program will offer kids *bits* of information about the importance of having three balanced meals per day and making healthy meal choices based on the 2007 Canadian Food Guide. These principles will then be applied into practical food preparation where they can then have a *bite* of their creation. At the end of the program, kids will have the knowledge and skills to prepare a fully balanced and healthy meal.

Ages 9 - 12 years Saturdays 9:30 - 11 a.m. Z beside the Y  
Fee: \$25

Winter Session January 12 - March 8, 2008 lunch menu

Spring Session March 29 - June 7, 2008 (no class May 17) breakfast menu

## Drop in Recreation at the Z!

Pool, foosball, air hockey, ping pong, cards, video games, computers or just hang out on a couch with a snack.

Ages 13+ years.

Wednesdays 4 - 8 p.m. & Fridays 4 - 9 p.m.

Computer access - come out & chat online, do some homework or play some games.

Wednesdays & Fridays 4 - 8 p.m.

## YMCA Leadership

Games and adventure mixed with YMCA core values, leadership and volunteering to create a fun and meaningful program. The leadership program seeks to provide opportunities for youth to learn about themselves, others and the world around them in a safe and supportive environment that fosters their personal capacity to lead others. Held at the Z beside the Y.  
Programs begin the week of January 7, 2008.

### Learning Leaders

Youth will learn about themselves, others and the world in a safe and supportive environment that fosters the capacity to lead others and volunteer.

Grades 5 & 6

Tuesdays 6 - 7 p.m.

### Leader 1

Build your leadership skills. Get a firm foundation to give you the confidence and knowledge of a leader. This is a certificate program. 100% attendance is strongly recommended.

Grades 7 - 8

Tuesdays 7 - 9 p.m.

Member fee: \$15 Non Member Fee: \$20

(fee includes manual, t-shirt, and end of session celebration)

### Leader 2

Youth must complete LEAD 1 to be eligible to take LEAD 2. Put your leadership skills into action by making a difference in your community.

Tuesdays 7 - 9 p.m.

Call 623.YMCA ext 306 for info or to register. Last day to register is January 7, 2008.

## Youth Dodgeball

Come out and play a game with your friends! Staff leadership and supervision provided

10 - 14 years

Fridays

5 - 6 p.m.

Gym

## Youth Basketball

Supervised open basketball.

10 - 14 years

Fridays

6 - 8 p.m.

Gym

