



YOUTH PROGRAMS - SUMMER

JULY - AUGUST 2026



Scan QR, Become a member and join our programs!



110 Empringham Dr. Unit 214

Open Monday-Wednesday - 1:00PM - 5:00 PM
Saturdays - 11 AM - 4 PM

Alternating Weeks:

MONDAY	Chefs Mode/Empringham Eats: Start time - 3:00pm	
TUESDAY	Humble Hoops Start Time: 4:00pm	
WEDNESDAY	Drop-In: 1:00pm	
SATURDAY	Drop-In: 11:00AM	

1321 Neilson Road

Open Monday - Friday 1:00PM- 5:00 PM

MONDAY	SpeakEZ: Start Time: 2:00pm	
TUESDAY	Pushing the Envelope: Start Time: 2:00pm	
WEDNESDAY	Drop-In 18+ Start Time: 1:00pm	
THURSDAY	Drop-In: Start Time: 1:00pm	
FRIDAY	Drop-In: 1:00pm Food Fridays Start time: 2:00pm	

Contact Us

For General Inquiries:

Anjali, Youth Manager
(416) 284-4184 ext. 253
agaaur@mfrfc.org

For Youth Hub Inquiries:

Shaniqua, Youth Hubs Coordinator
(647) 745-9471
swright@mfrfc.org

For Sports Inquiries:

Randy, Youth Rec Coordinator
(647) 207- 8422
rblackwood@mfrfc.org

For Counselling Services:

Alyssa | (289) 399-1840
youthcounsellor@mfrfc.org

For Youth Outreach Workers:

Morgan | (416) 559-5974
morgan@mfrfc.org
Niyasan | (416) 779-5975
niyasan@mfrfc.org

Check out our events calendar here!



CHECK OUT OUR YOUTH HUBS!

A safe space for youth to meet peers and connect with staff. Join us for art, movies, socialising and more!
Open for youth ages 12-25



SCAN ME



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Sports and Rec Programs 90 Littles Road

TWEEN BASKETBALL	DAY: MONDAY	TIME: 5:30PM-7:30PM
Drop-In program for youth ages 10-13 to develop skills, teamwork, and a love for the game		
YOUTH BASKETBALL	DAY: MONDAY	TIME: 7:30PM-9:00PM
Drop-In program for youth ages 14 and up, focusing on advanced skills, strategy, and competitive play.		
VOLLEYBALL	DAY: TUESDAY	TIME: 5:00PM-7:00PM
Drop-in program for youth ages 14 and up. Learn volleyball 101 and participate in seasonal tournaments!		
A.C.E (TWEEN GIRLS REC)	DAY: WEDNESDAY	TIME: 5:00PM-6:00PM
Girls (10-13) drop-in focused on fitness and confidence through sports		
A.C.E (YOUTH GIRLS REC)	DAY: WEDNESDAY	TIME: 6:00PM-7:00PM
Girls (14+) drop-in focused on fitness and teamwork through sports		
TWEEN SOCCER	DAY: THURSDAY	TIME: 5:00PM-6:00PM
Drop-In program for youth ages 10-13. Join us and learn skills to play soccer!		
BADMINTON DROP-IN	DAY: THURSDAY	TIME: 6:00PM-7:00PM
Drop-In program for youth ages 12-18. Join us for friendly badminton games		

Volunteer With Us!

Contact youthprogramfacilitator@mfrc.org to hear about our volunteer opportunities!

Life Skills & Leadership Programs 1321 Neilson Road

LEAD MALVERN	DAY: TUESDAY	TIME: 4:00PM - 5:00PM
LEAD (Learn, Engage, Advocate, Do) is a youth-led advocacy group that addresses social and political issues within the Malvern community. Take The Lead Today!		
FOOTPRINTS	DAY: THURSDAY	TIME: 4:30PM - 6:30PM
Interested in exploring a variety of different career paths? Join Footprints and meet different professionals, while learning about career paths and post-secondary options!		
LEADERS IN TRAINING (LIT): A SUMMER VOLUNTEER PROGRAM FOR YOUTH		

Special Events

To stay up to date as we release more information about our events, follow us on Instagram @mfrcyouth

Ace of Spades	July 2
Empringham Basketball Tournament	August 11
Back 2 School Youth Hub Event	Sept 2

Weekly trips for the months of July and August are available come to the youth hub to learn more

Check out our Tween Camp!
Weekly registration is open for July-August

Find Us @

