

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Childminding 6 weeks – 5 yrs (R) 10:00-12pm	Indoor Family Playground Ages 0 – 5 yrs (G2) 10:30-12pm	Childminding 6 weeks – 5 yrs (R) 10:00-12pm	Y- Move Ages 3-5yrs(G1) 10:30-11:10am		Childminding 6 weeks – 5 yrs (R)10:00-12pm	Bouncy Castle Ages 0 – 12 yrs (G2)11:00-1:30pm
Bouncy Castle Ages 0 – 5 yrs (G2) 10:30-12pm		Bouncy Castle Ages 0 – 5 yrs (G2) 10:30-12pm	Y- Move Ages 3-5yrs(G1) 11:15-11:55am		Bouncy Castle Ages 0-12yrs(G2) 11:00-1:30pm	Rock Climbing Ages 6-12(G1) 11:00-1:30pm
Evening						
Active Play Ages 3-5yrs (G2) 5:15-6:30pm	Active Play Ages 3-5yrs (G2)5:15-6:30pm	Rock Climbing Ages 6-12yrs(G1) 3:30-5:30pm	Active Play Ages 3-5yrs (G2)5:15-6:30pm			
Active Brains Ages 6-12yrs (SC)5:15-6:30pm	Active Brains Ages 6-12yrs (SC)5:15-6:30pm	Active Play Ages 3-5yrs (G2)5:15-6:30pm	Active Brains Ages 6-12yrs (SC)5:15-6:30pm			
Creative Play Ages 3-5yrs (R) 6:30-7:30pm	Creative Play Ages 3-5yrs (R) 6:30-7:30pm	Multi Sports Ages 6-12yrs(G1) 5:15-6:30pm	Creative Play Ages 3-5yrs (R) 6:30-7:30pm			
Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm	Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm	Creative Play Ages 3-5yrs (R) 6:30-7:30pm	Multi Sports Ages 6-12yrs (G2) 6:30-7:30pm			
Karate Ages 7+ (ST1 & G1) 6:30-8:30pm	Youth Drop In Ages 13-18yrs (G1) 6:15pm-7:15pm	Active Brains Ages 6-12yrs (SC) 6:30-7:30pm	Karate Ages 7+ (ST1 & G1) 6:30-8:30pm			
Schedule subject to change without notice.				ymcabc.ca/locations/tong-louie-ymca		

Room Guide:

(G1) Gym 1 · (G2) Gym 2 · (F) Full Gym · (CM) Childminding
(LC) Large Centre · (YC) Youth Centre · (R) Reception Centre
(ST1) Studio 1 · (ST2) Studio 2

Child, Youth and Family Descriptions and Fees

Program	Age	Program Description	Member Fee	Non-Member Fee
Indoor Family Playground	0-12	Play discovery is encouraged while meeting other families in the community. Soft play equipment, balance beams, blocks, and ride on toys are available for your child(ren)'s enjoyment Parent/Guardian supervision is required.	Included in membership	\$10.00/child
Bouncy Castle Playground	0-5	Our Indoor Family Playground with the addition of a Bouncy Castle! Play, run & bounce while meeting other families in the community. Soft play equipment, blocks, and ride on toys are available for your child(ren)'s play discovery! Parent/Guardian supervision is required.	Included in membership	\$10.00/child
Active Play	3-5	Playing and exploring is more fun with friends. Active Play helps kids improve coordination, agility and balance while engaging in activities with other kids in their age group.	Included in membership	\$5/child
Creative Play	3-5	It's easy to learn when you're having fun! Get creative & explore through a variety of activities to help develop fine motor skills & hand eye coordination. Activities like puzzle games, cooperative games, circle time & more!	Included in membership	\$5/child
Active Brains	6-12	Get the creative juices flowing working with blocks and arts and crafts. This program helps your child(ren) interact, think creatively and problem solve with others in a quiet setting.	Included in membership	\$5/child
Multi Sports	6-12	Gym time for your active child(ren)! Run, jump, shoot and score while playing a variety of sports related games.	Included in membership	\$5/child
Rock Climbing	6-12	Great for climbers of all ages and skill levels. Complete one of 7 climbs with one of our belayers supporting you as you climb the wall and rappel down!	Included in membership	N/A
Childminding	6wks-5	Want to get a workout in? Need an hour of time to yourself? We can help. Our Childminding services can give you an excellent opportunity for a workout, take a group fitness class, soak in the hot tub, or a coffee and good book in the lobby. Parent/Guardian must stay in the building.	\$3.75 per 30 minutes	\$7.50 per 30 minutes
Karate	7+	Karate will focus on the traditional teachings of the martial art and includes two structured karate lessons per week led by a professional instructor from Downtown Shotokan Karate. As students and participants progress through the sessions, they may be invited to attend additional sessions.	\$275 25 sessions	\$343.75 25 sessions
Aikido	4+	In a physically active and cooperative learning environment, children learn the martial art Ki-Aikido. As they grow, they learn how to apply these lessons to all activities: school, play, sports, and relationships. Children are taught how to concentrate, how to relax without losing power, maintain good posture and to approach challenges with a positive outlook.	\$132.00 12 sessions	\$165.00 12 sessions
Tae kwon do	4+	Program is designed to run in a safe and fun environment. Students will be learning TaeKwonDo as an Olympic sport, participate in provincial tournament if interested, and received world recognized certificate upon reaching their black-belt level. Throughout our program, students are expected to gain physical strength, stamina, focus, leadership and confidence.	\$132 12 sessions	\$165.00 12 sessions
Summer Camp (Jul 6–Aug 21)	6-12	Fun-filled summer packed with swimming, park trips, sports, games, and arts & crafts! Campers will stay active, get creative, and make new friends in a safe, supportive environment led by our experienced staff.	\$260	\$280