



# Family, Children and Teen Programs

Register today!

Registered Programs Summer 2015

## Family Boot Camp (7+years)

Get the whole family into shape with family boot camp. Workouts consist of circuit training using small equipment and body weight exercises. These classes will be fun and take your family to the next level.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 4-Sept 5	Sat	10:00-10:45 am	10	included	\$50/family

## Family Triathlon Event (3-13 years with parent)

Children 3-13, yrs with their parents can race in our safe and friendly course. Be a healthy role model with your kids and enjoy high fives at the finish line together! Participants will complete 20 minutes each of Run, Bike and Swim for a total of 60 minutes of physical activity.

Run: On the indoor track/Bike: In the front parking lot (weather permitting)/Swim: Lanes in the 25 metre main pool. Please see ymcafoakville.org for more details.

Location: Peter Gilgan Family YMCA

Day	Time	Wave	Member	Non-member
Sunday, June 28	9:30 am-12:00 pm	9:30-11:00 am 10:00-11:30 am 10:30 am-12:00 pm	\$20/family	\$30/family

## Youth Aquatic Mentorship

This program provides the opportunity to assist in the delivery of our YMCA member swim lessons. Participants will have a pool orientation and training and preparing to assist YMCA swim instructors, as well as emergency procedures while assisting in pool area. (Participant is required to complete the YMCA Star 7 level) One class per week. Registration is required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Jul 6-Sept 5	Mon/Fri Sat	4:30-7:00 pm 9:45-12:30 pm	8	included

## Youth Master Swim Team

Upon completion of YMCA swim level Star 7, participants will work on advanced stroke correction and techniques. Swimmers are guided and motivated to reach personal goals and achieve fitness results. One class per week. Registration is required for each session.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 6-Sept 3	Mon/ Thurs	6:00-6:45 pm	9	included	\$110

## Teen Conditioning Course (Mandatory for 13 to 15 yrs)

A must for teens interested in using the Wellness Centre. Learn safe weight-training practices, review the abilities and limits of muscle groups and gym etiquette in this one-time class. Upon successful completion of the class, members will receive a shoe tag that must be worn and be visible at all times while they are in the Wellness Centre or on the track.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Class	Member
Ongoing	Sat	12:00-2:00 pm	1	included

## Youth Leadership (9-12/13-17 years)

The YMCA Youth Leadership program is designed to build community leaders! Youth will enjoy leadership training, team-led projects, guest speakers and games while building new friendships, increasing self-confidence and expanding communications skills.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Jul 9- Aug 27	Thurs	5:30-7:15 pm	Ongoing	included

## Youth Aquatics Leader Corp

This program focuses on stroke correction, endurance and begins to work on some key elements of instructing and lifesaving. Participants in this program will have the opportunity to assist in the delivery of member swim lessons. One class per week, registration required for each session.

Location Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member
Jul 10-Aug 28	Fri	7:00-8:00pm	8	included

## SOS 4 Kids Home Alone Course (9-12 years)

This course is aimed at empowering children with confidence and skills to care for themselves when home alone! Participants learn strategies to create a safe and positive environment, how to look after themselves for short periods of time, how to handle an injury, injury prevention and basic first aid.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 26 Aug 9	Sun	9:00 am-4:00 pm	1	\$60	\$65

## Babysitters Training (11-13 years)

Empower youth with confidence and skills to care for themselves when home alone and for babysitting other children! The course teaches youth: how to care for babies, toddlers, preschoolers and school-aged children, strategies to create a safe and positive environment to prevent injuries, problem-solving and decision-making skills to handle emergencies and first aid, planning age-appropriate activities and games, plus communication and basic business skills.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Jul 26 Aug 9	Sun	9:00 am - 4:00 pm	1	\$60	\$65

## Youth Room

Open to youth 10+ years

Games, activities, movies, books etc.

Monday to Wednesday: 5:00-8:30 pm

Friday: 5:00-9:30 pm