



Family, Children and Teen Programs

Registration opens August 15!

Family Zumba (7+ years)

Join us and awaken the inner dancer in you! You and your family will enjoy Latin and international dance routines and discover how easy it is to combine simple dance moves with fitness-based movements. A fun way to get active with the whole family!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 6-Oct 18	Sat	10:00-10:45 am	6	included	\$50

No class Oct. 11

NEW Master Cook Kids

This 6-week program will teach kids how to read a recipe, the different ways to heat food, cutting and knife skills, working with measurements and more. During the last week, each participant will participate in a challenge where they will create their own dish with items provided – and parents will be encouraged to taste test! Skills in each session will be based on age group.

Location: Peter Gilgan Family YMCA

Session	Day	Age	Time	Classes	Member
Sept 22-Nov 3 Nov 10-Dec 15	Mon	5-7 years	4:30-5:15 pm	6	included
		8-10 years	5:30-6:30 pm		
		11-13 years	6:45-7:45 pm		

No class Oct. 13

ArtHouse at the Y presents Broadway and Streetdance Crew! (7-12 years)

An ArtHouse program with very cool instructors! Kids will learn some super neat moves and present a splashy performance on the final day. Visit arthouseonline.org to register.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Oct 18-Nov 22	Sat	2:00-3:30 pm	FREE

Peak Performance (13-19 years)

Designed to help teens develop an understanding of training and exercise principles, this 8-week program will help teens lower stress and improve overall health. Specific topics will explore how to improve self-confidence, proper nutrition and adequate sleep. Teens will have the opportunity to try our Gravity Machines, Spin classes, Yoga and more in the Wellness Centre.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 20-Nov 1	Sat	10:00 am-12:00 pm	6	\$20	\$40
Nov 8-Dec 13					

No class Oct. 11

ymcafoakville.org

Youth Engagement Programs

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	Member
Sept 4-Dec 18	Thurs	5:30-7:15 pm	Included

TAG – Together as Girls (10-13 years)

Be strong! Be courageous! Be you! Explore topics like body image, healthy eating, peer pressure, bullying, stress management and so much more! Plus it's GIRLS ONLY!! Visit ymcafoakville.org to register.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Sept 13-Dec 20	Sat	6:30-9:00 pm	FREE

Newcomer Youth Leaders (14-18 years)

Develop essential life and leadership skills, explore a variety of career options and get involved in our community. Following registration, participants will receive a 3-month membership for the YMCA of Oakville. Contact Martina Prpa at mprpa@haltonmc.com to register.

Location: Halton Multicultural Council

Session	Day	Time	Cost
Oct 9-Dec 11	Thurs	6:00-8:00 pm	FREE

Register online at ymcafoakville.org or at the Membership Services Desk.

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
Sept. 28 Oct. 26 Nov. 30 Dec. 21	Sun	11:30 am-5:45 pm	1	\$50	\$55

Registered Programs Fall 2014



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Group Music Lessons

No music classes from December 22-January 2, 2015.

Parent and Tot (1-4 years)

Parents and their young children get a chance to interact in a fun musical setting with other parents and young children. Early exposure to rhythm and music in this context helps to develop positive emotional bonds between children and parents, and gives children an outlet for creative expression in a group setting.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 17-Jan 28	Wed	10:30-11:15 am	18	\$144*	\$180*

*plus \$10 materials fee

Beginner Piano (5-7 years)

This course offers a fun and interactive approach to learning the basics of piano playing in a group setting. Students will start with the basics of finding notes, learning rhythm and will learn to read simple piano music. These classes are group activity based and will feature heavily on musical games, and activities. No prior music experience necessary!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Jan 26	Mon	4:00-4:45 pm	17	\$170*	\$255*

*plus \$10 materials fee

No class Oct. 13

Intermediate Piano (8-13 years)

This course offers a more advanced approach to learning and building piano skills in a group setting. We begin by reviewing the basics and continue by expanding knowledge of music theory and playing ability. Students will be learning to apply sharps and flats, read more complicated music, and apply their theory knowledge to songwriting. Students in this class must have prior musical experience.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 15-Jan 26	Mon	5:00-5:45 pm	17	\$170*	\$255*

*plus \$10 materials fee

No class Oct. 13

Beginner Guitar (8-12 years)

Our beginner guitar course offers students a chance to become familiar with both acoustic and electric guitar. Through learning simple scales, chords and tabs, students will learn to play some simple but challenging pieces. No Experience Necessary!

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 18-Jan 29	Thurs	4:00-4:45 pm	18	\$180*	\$270*

*plus \$10 materials fee

Beginner Drums and Percussion (8-12 years)

Our drum and percussion course offers a hands-on interactive approach to learning simple percussion instruments. Emphasis on this course will be placed on rhythm development and different percussion techniques. Students will be exposed to different types of hand drums, as well as all of the drums commonly used in a kit. Each class will receive their own set of drumsticks for home practise.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Sept 18-Jan 29	Thurs	5:00-5:45 pm	18	\$180*	\$270*

*plus \$10 materials fee

Private Music Lessons (open)

Private lessons are personalized for each student. For piano, we typically use a Faber method, however Suzuki method is available for those who prefer. For guitar, individuals will learn how to play scales, chords and songs, whilst students involved in the woodwinds program will have the choice of learning clarinet, flute or saxophone. Our individual lessons feature both playing and theory and will allow the student to explore various styles of music as well as learn ways to compose their own music. Piano provided however woodwinds and guitars must be brought by the student.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Classes	Member	Non-member
Guitar Sept 15-Jan 26	Mon	3:00-6:00 pm (30 min class)	17	\$324*	\$396*
Piano Sept 16-27 Sept 17-28	Tues Wed	3:00-6:00 pm (30 min class)	18	\$324*	\$396*
Woodwind Sept 18-29	Thurs	3:00-6:00 pm (30 min class)	18	\$324*	\$396*

*plus \$10 materials fee

No class Oct. 13

Register online at ymcafoakville.org or at the Membership Services Desk.

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