



# Children, Youth and Families Program Guide



Photo by Danielle Tompkins

# Fall Programs

September 05, 2017–January 07, 2018

Registration Opens: July 31 (members) | August 14 (non-members)

Kelowna Family YMCA  
375 Hartman Road, Kelowna BC V1X2M9  
250-491-9622 | [ymcaokanagan.ca](http://ymcaokanagan.ca)



 = Registered Program. Contact 250-491-9622 to reserve your spot.

 = ePACT online medical consent form required.

## Child Minding (Ages 0–5)

Parents, enjoy a workout or swim in the facility while your children are in the care of qualified staff and volunteers. We provide supervised play with age-appropriate toys, arts & crafts as well as special care for babies. 1.5 hour time limit.

*Closed for statutory holidays and October 31 (evening only), December 24 & 31.*

**Member fee:** included in membership      **Non-member fee:** facility drop-in fee

**Days:**

Monday–Friday      8:30 AM–1:00 PM  
Monday–Thursday      4:30–7:30 PM  
Saturday–Sunday      9:00 AM–12:00 PM

## Parent and Tot Play Time (Ages 0–5)

Parent & Tot Play Time is a great opportunity for your toddler or preschooler to socialize and play! Your child can explore various climbing apparatuses, sport equipment and other toys. It is also the perfect time to meet other parents!

*Please note: parent supervision is required. Closed for statutory holidays and December 24 & 31.*

**Days:** Tuesday, Thursday, Saturday & Sunday.

**Member fee:** included in membership

**Time:** 9:00 AM–12:00 PM

**Non-member fee:** facility drop-in fee for child and adult

## Active Arts (Ages 3–5)

Each week in this program we will explore age-appropriate sensory stations, crafts, music, stories as well as take a dip in the pool! We will practice turn-taking, sharing and good listening skills — among other social skills — allowing children to learn, play and develop healthy, happy bodies and minds.

*Please note: You may only register for one time slot per week and weekly registration is required.*

*No class on October 9.*

September 25—December 7

**Days:** Mondays OR Thursdays

**Member fee:** included in membership

**Time:** 8:45 AM–10:45 AM

**Non-member fee:** facility drop-in fee

## Music and Movement (Ages 3–5)

Children love music and they LOVE to MOVE! Your preschooler can explore their imagination and express their creative talent in this fun class designed to get the wiggles out!



*Please note: Weekly registration required.*

*No class on October 7 or November 11.*

September 30—December 2

**Days:** Saturday

**Member fee:** included in membership

**Time:** 9:00 AM–9:45 AM

**Non-member fee:** facility drop-in fee

## Fall YMCA Playing to Learn Preschool (Ages 3–5)

**REGISTRATION NOW OPEN!**

The YMCA of Okanagan is proud to offer families a professionally developed, nationally recognized preschool curriculum called YMCA Playing to Learn. This curriculum helps children build healthy relationships and develop school-readiness skills while ensuring each child is ready for kindergarten. Children in YMCA Preschool at Kelowna Family YMCA will also receive a free child membership to one of our health and fitness centres.

**Days:** Monday, Wednesday, & Friday OR Tuesday & Thursday

**Time:** 8:45–11:45 a.m. OR 12:30–3:00 p.m.

Financial assistance is available to families who cannot afford the full cost of preschool. In addition, families can also apply for government subsidy. To register: call the child care administrator at 250-491-9622 ext. 237



## About JKA Shotokan Karate

The Kelowna Family Y is proud to now offer belt progression and traditional Shotokan methods of training recognized by the Japan Karate Association (JKA) of British Columbia.

Introducing... our new instructor Sensei Paul Atkin! Sensei Paul has been instilling self-confidence and self-discipline through the sport of Karate for the past 21 years. As a 4<sup>th</sup> Degree JKA black belt, member of the Canadian National Team and owner of Kelowna Karate & Fitness, Sensei Paul teaches by example, showing students the value of hard work and dedication through his own successes as a world-class competitor.



## JKA Shotokan Pee Wee Karate - Beginner Level (Ages 4–6) 📅

In this level your child will develop mobility, mental awareness, correct posture, positive attitudes, and confidence while learning basic techniques in a fun and safe environment. This is an energetic class where you get to see your kids learning and having a great time! A JKA Karate Gi is mandatory for participation.

*Please note: You may only register for one time slot per week.*

*No class October 9 or 31.*

*Belt testing fees are not included in registration fees and are paid directly to the JKA.*

September 25—December 12

**Days:** Mondays OR Tuesdays OR Thursday  
**Time:** 3:15 PM–4:00 PM

**Member fee:** \$90/session + \$50 JKA Gi fee  
**Non-member fee:** \$125/session + \$50 JKA Gi fee

## JKA Shotokan Kids Karate - Beginner Level (Ages 7–10) 📅

The beginner kids will learn traditional karate basics and get the opportunity to train in the newest, most innovative athletic methods to improve the students' potential. This class will help our students better understand the importance of being confident, focused, and passionate in developing their own character and karate skills. All participants require a JKA Karate Gi to participate.

*Please note: You may only register for one time slot per week.*

*No class October 9 or 31.*

*Belt testing fees are not included in registration fees and are paid directly to the JKA.*

September 25—December 12

**Days:** Mondays OR Tuesdays OR Thursday  
**Time:** 4:15 PM–5:15 PM

**Member fee:** \$90/session + \$50 JKA Gi fee  
**Non-member fee:** \$125/session + \$50 JKA Gi fee





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## About Jr. NBA

For parents of young players there is one guiding principle: If you want your young player to develop a love for basketball, he or she must first develop a passion for the game. To do that, he or she must enjoy the game and see basketball, particularly at a young age, as an activity that comes with a smile. The Jr. NBA program will focus on the fundamental movement skills of running, jumping, throwing, catching, balance, agility, and co-ordination.

We hope to also build a community of league organizers, parents and coaches committed to minor basketball. Please contact the Child & Youth department (250-491-9622 x222) for volunteer opportunities and learn how you can get involved.



## Jr. NBA \*Rookie Division (Ages 5–7)

This entry-level program introduces kids ages 5 to 7 to basketball in a fun, active and healthy learning environment. In partnership with NBA Canada, the Jr. NBA Rookie Division program offers 12 weeks of fun drills and modified games created by NBA approved basketball experts. Weekly practices are 45 minutes in duration and both equipment and activities are designed to be age-appropriate and fun! Participants will also receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt and certificate of completion.

**Please note:** You may only register for one time slot per week.

September 27—December 13

**Days:** Wednesdays

**Member fee:** \$90/session

**Time:** 3:15 PM–4:00 PM OR 4:15 PM–5:00 PM

**Non-member fee:** \$125/session

## Y Not Build it! (Ages 6–8)

Get your child's creative juices flowing in this cool hands-on program! We'll build recycled robots, construct spaghetti bridges, create crazy mazes and more. Your child will be provided with open-ended opportunities to explore and create — working alone, in pairs or with a group.

**Please note:** Weekly registration is required.

September 27—December 6

**Days:** Wednesdays

**Member fee:** included in membership

**Time:** 3:30 PM–5:00 PM

**Non-member fee:** facility drop-in fee

## Zoned In (Ages 6–9)

Get your workout in while your child connects with friends and leaders! We'll ignite the spirit of your young explorer with a different activity each day. 1.5 hour time limit per session.

**Please note:** Parents must remain in the facility.

*Closed for statutory holidays and October 31.*

**Member fee:** included in membership

**Non-member fee:** facility drop-in fee

**Days:**

Monday–Thursday

4:30 PM–7:30 PM

Saturday

9:00 AM–12:00 PM



## Let's Dance (Ages 6–10)

Does your child want to develop their dance skills? Our qualified instructor will teach an energetic, fun and modern dance incorporating a variety of styles. Classes include basic technique and step-by-step choreography, so no previous dance experience is necessary.

No class October 7 or November 11

September 30—December 2

**Days:** Saturdays

**Member fee:** included in membership

**Time:** 10:00 AM–11:00 AM

**Non-member fee:** \$75/session

## Girls Unite (Ages 8–13)

The YMCA is a place where all girls can belong. Girls can develop new skills, get involved in the community, and gain self-esteem—all while building lifelong friendships. This program will include educational opportunities, volunteering, guest speakers, fun activities, and just hanging out with the girls.

September 28—December 7

**Days:** Thursdays

**Member fee:** included in membership

**Time:** 6:00 PM–8:00 PM

**Non-member fee:** \$80/session

## Boys in Action (Ages 8–13)

Get your buds together and join us for Boys In Action, a program that's just for the guys! We'll have movie nights, cool science & building challenges, video game head-to-heads, swimming and more.

No class October 31.

September 26—December 5

**Days:** Tuesdays

**Member fee:** included in membership

**Time:** 6:00 PM–8:00 PM

**Non-member fee:** \$80/session

## Movie Mania (Ages 8–13)

Parents, enjoy a workout or night-out on Friday night while your child watches a movie and has fun in the pool with friends—all in a supervised environment. Popcorn included! Pizza and juice is available for \$2.

**Please note:** Weekly registration is required.

September 22—December 15

**Days:** Fridays

**Member fee:** included in membership

**Time:** 6:00 PM–9:00 PM

**Non-member fee:** \$5/class



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## Pro Day Camps (Ages 5–10)

Looking for something active and fun for your child do during the day off school? Bring them to burn off some energy with gym activities & indoor swim time in the morning and/or themed crafts, games and activities in the afternoon.

*Registration deadline: Monday of camp week*

**Days:** October 6, 20 & November 3

**Time:** 8:30 AM–4:30 PM

**Member fee:** \$35/day

**Non-member fee:** \$50/day

## About our Courses

At the Y, we understand how youth learn. Our youth development courses are taught by trained instructors who are experts at relating to youth. We make course content relevant by using real-life scenarios, a collaborative flexible teaching style and a curriculum that makes sense. We know it's important to balance instructional time with hands on, practical activities to reinforce concepts being taught as well as giving youth the opportunity to talk about and practice their skills in a safe, supportive and non-judgmental setting.

It is for these reasons that our Y courses involve multiple classes with extra hours of content where concepts can be reviewed and reinforced, giving youth the best chance to use their newfound skills appropriately and confidently in their future.

Please contact the Child & Youth department (250-419-9622 x222) with any questions or concerns you may have regarding our courses.

## Home Alone and Prepared (Ages 9–12)

This course prepares children for the responsibilities of looking after themselves alone at home for short periods of time. Hands-on activities and group interactive learning cover the basics of first aid, responding to emergencies, kitchen safety, internet safety, stranger danger awareness and fire safety skills.

*Please note: Participants must attend all classes and pass the final exam to be certified.*

*Registration deadline: Friday, October 13*

October 16–25

**Days:** Mondays & Wednesdays

**Time:** 4:00 PM–6:00 PM

**Member fee:** \$40/course

**Non-member fee:** \$50/course

## Babysitting Course (Ages 11–14)

This course teaches youth basic first aid and caregiving skills to become effective, confident babysitters. Participants learn how to care for younger children in a variety of age groups, how to prevent and respond to emergencies and learn about appropriate activities and nutrition for children in their care.

*Please note: Participants must attend classes, pass the final exam and complete a practicum to be certified.*

*Registration deadline: Friday, November 3*

November 6–27

**Days:** Mondays & Wednesdays

**Time:** 4:00 PM–6:00 PM

**Member fee:** \$60/course

**Non-member fee:** \$75/course



# Celebrate your child's big day at the Kelowna Family Y!

## Birthday Parties (Ages 0–12) 🎂

### Gym Parties

Gym parties include access to our rock climbing wall, bouncy castle, obstacle courses and sports equipment for 1 hour with our party leader, followed by 1 hour in our party room to open presents, enjoy some cake and have fun!

### Pool Parties

Our party host will lead the group through various water games, then your child can use the diving boards or relax in the hot tub. The minimum age required for pool parties is 3 years.

### ALL PARTIES INCLUDE

- \* Decorated party room (tablecloths and balloons) with party host
- \* Admission for up to 15 child guests, including birthday child. Adults 16+ may attend at no cost, photo ID required.
- \* Option to add pizza for a cost of \$15/pizza. Complimentary juice boxes provided with pizza purchase.

**Please note: Bookings MUST be made at least one week in advance of the party date.**

*No bookings on October 7 or 28 or November 11.*

September 16—December 16

**Days:** Saturdays

**Member fee:** \$150/party

**Times:**

**Non-Member fee:** \$200/party

12:30PM–2:30PM (Gym)

1:30PM–3:30PM (Gym)

3:30PM–5:30PM (Gym OR Pool)

## We don't turn anyone away.

YMCA donors and partners help make it possible for us to ensure everyone can participate in YMCA programs. If financial circumstances are limiting your ability to participate, you may be eligible for financial assistance. Talk to our friendly member services staff to see if you qualify.



Kelowna Family Y

# SPOOKTACULAR!

SATURDAY OCTOBER 28, 2017 6-8 PM

Prizes, pumpkin  
carving, games,  
face painting,  
crafts and more

Members: free  
Non Members:  
facility drop-in

