

## Youth Programs (6Y - 17Y)

### Youth | Athletics/Sports

#### ACTIVE Y KIDS

Age: 8Y - 13Y

Through a variety of activities and fun games, Active Y Kids offers children and youth a chance to improve and sustain a healthy lifestyle. Designed to improve overall health, this 12-week registered program incorporates cardiovascular and muscular conditioning activities, nutrition sessions, and self-development education. There is a small research component to this program.

#### BADMINTON

Age: 8Y - 17Y

Explore the fast-paced game of badminton and develop the skills that will make you a better player. Chase whizzing shuttles while learning the skills to smash your way to fun. Participants are placed into age-appropriate groupings.

#### BASKETBALL

Age: 6Y - 13Y

Join us for a slam-dunk basketball program that focuses on six areas: footwork, ball-handling/dribbling, shooting, passing/receiving, rebounding and offense. Kids also learn the value of fair play, sportsmanship and life skills such as health, respect, discipline and hard work. Participants are placed into age-appropriate groupings.

#### DANCE

Age: 6Y - 13Y

Get ready to knock out the beats as we take you through a breath-taking series of lessons in the hottest dance trends around. Why settle for one style when you can learn Funk, Jazz, Latin and a score of other styles to get your body moving? Participants are placed into age-appropriate groupings.

#### FLOOR HOCKEY

Age: 6Y - 13Y

Stick handle your way to fun with our floor hockey program. We teach all the fundamentals (shooting, passing, etc.) to help your skills grow. In matching with the YMCA philosophies, the hockey traditions of teamwork and sportsmanship make this class a must for the next wave of little speedsters. Participants are placed into age-appropriate groupings.

#### INDOOR SOCCER

Age: 6Y - 13Y

Turn your World Cup dreams into a reality and explore this popular sport within the YMCA learning environment. Learn all the essentials and even some tricks, as you pass and juggle your way through this fun-filled program. Participants are placed into age-appropriate groupings.

#### KARATE • FAMILY

Age: 6Y and Up

Looking for the ultimate family activity? Join our family karate class, where you can chop, kick and throw to your heart's delight. Karate is one of the best group activities a family can do. It combines physical conditioning, respect and determination with non-contact striking techniques so that you and all your family can participate in this incredible art form.

#### VOLLEYBALL

Age: 8Y - 13Y

Got lots of spike but no net? Hone your volleyball skills at the YMCA where our program will teach you how to improve your power, skills and game strategy. Practice good sportsmanship and teamwork through scrimmages and master the skill to spike at will. Participants are placed into age-appropriate groupings.

#### TEEN NIGHT

Age: 12Y - 17Y

Drop in to Teen Night and take part in a variety of supervised programs in our gyms, pools, studios, courts, fitness centres or youth centres. Facilities and activities vary at each branch. To access the fitness centres, you must be 12 years or older and have completed a fitness centre orientation.

### Youth | Certification

#### BABYSITTING CERTIFICATION COURSE

Age: 12Y - 17Y

Launch your childcare career aspirations with this exciting 12-hour course developed by the Alberta Safety Council. Learn the latest childcare tactics and theories while you prepare to take your first steps as a child caregiver. This course requires 100% attendance and participation in order to complete. Manual is included in the course fee.

### Youth | Yoga

#### YOGA

Age: 8Y - 17Y

Yoga for kids? You bet. No longer considered an adult-only class, we encourage all youth to participate in this incredibly rewarding fitness routine. Hatha yoga will help children stay in touch with their bodies and maintain flexibility as they age, preventing health problems and joint issues that are affecting more inactive youth today than ever. Focuses are flexibility, strength, relaxation, stress management and breathing techniques. Participants are placed into age-appropriate groupings.

Visit [www.ymcacalgary.org](http://www.ymcacalgary.org) for program details such as dates, times, cost and branch availability.