

2021 FALL CHILD & YOUTH PROGRAMS:

Drumming to Wellness

9-12 years | \$50 per 6-week session | Tuesdays 4:00–5:30pm

This unique program combines elements of music with strategies for personal wellness. Starting November 9, join us at the YMCA as the MySchoolROCKS team invites youth to this engaging and interactive after-school program. Beginning with kid friendly bucket drumming sessions, MySchoolROCKS instructors guide participants through elements of rhythm, beat, tempo, riffs and rolls and then enrich each session with activities that promote de-stressing, decompressing and calming strategies. The fun continues with musical ensembles, playing along with contemporary songs, music and movement activities as well as opportunities to explore some special SURPRISE instruments!

KidFit Yoga

9-12 years | \$50 per 6-week session | Wednesdays 5:15-6:00pm

With a focus on strength, endurance and flexibility, Kid Fit Yoga enhances physical literacy; increasing body awareness, balance, coordination, and concentration. Sessions incorporate music and stories that help spark imagination. Starts November 10.

Preschool Play

2.5-5 years | \$10 per class

Mon-Fri 9:15-10:30am

Mon-Thurs 6:15-7:30pm

Preschool Play consists of activities that encourage children to move and have fun. It also has quiet creative times of coloring, circle time and playing with age-appropriate toys and games.

** Participating children must be potty-trained*

GameON

6-12 years | \$10 per class | Monday-Thursday 6:15-7:30 pm

Game ON emphasizes having fun in a program that incorporates movement, problem solving and creativity. Participants will play a variety of sports and games, both physical and mental, that help promote a healthy and active lifestyle.

QUESTIONS?

For more information or to register, head to
ymcafoakville.org/child-and-youth



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