

## KIDZ FITNESS

### KIDZ YOGA (5-12 yrs)

Explore breathing, yoga postures, yoga games and relaxation techniques in a fun and creative manner.

#### NORTHSHORE Y

**Tuesdays, 4:15 - 4:45 pm**

Sept 21 - Dec 7 (12 weeks)

Course 3350

*Included in Membership.*

*Non-Members: \$48*

### KIDZ FITNESS FUNK (4-6 yrs)

Upbeat dance inspired cardio session. Get fit with flare!

#### DOWNTOWN Y

**Mondays, 4:00 - 4:45 pm**

Sept 20 - Nov 29

Course 3325

*Included in Membership. Non-Members: \$72*

### KIDZ BELLY DANCING (5-12 yrs)

Creative styles and movements that get your body shaking and your belly moving. An uplifting way to strengthen your body, mind and spirit.

#### NORTHSHORE Y

**Wednesdays, 4:15 - 4:45 pm**

Sept 22 - Dec 8 (12 weeks)

Course 3351

*Included in Membership.*

*Non-Members: \$48*

### KIDZ CIRCUIT (5-12 yrs)

A fun, interactive workout with games and challenges for kids.

#### NORTHSHORE Y

**Thursdays, 4:15 - 4:45 pm**

Sept 23 - Dec 9 (11 weeks)

Course 3349

*Included in your Membership.*

*Non-Members: \$44*

### KIDZ AEROBICS (5-12 yrs)

**NEW!**

Get moving with skipping, step aerobics, dance moves, bosu and ball workouts. Olivia will make getting sweaty fun.

#### NORTHSHORE Y

**Mondays, 4:15 - 4:45 pm**

Sept 20 - Dec 6 (11 weeks)

Course 3352

*Included in your Membership.*

*Non-Members: \$44*

### YOUTH IN THE WEIGHT ROOM

**If you are between the ages of 12 to 15, a free weight room orientation is recommended. IF YOU ARE 12 YEARS OF AGE, A WEIGHT ROOM ORIENTATION IS MANDATORY. Please book an appointment through Member Services.**

## YOUTH PROGRAMS

### UNDER 5 PROGRAMS

#### KINDERGYM

**NEW!**

Parents and Children 2-4 years

All children develop movement patterns. This program will support your children's development with movement and early communication activities.

Includes wonderful resources at no extra cost!

#### DOWNTOWN Y

**Thursdays, 10:45 - 11:45 am**

Sept 23 - Oct 28

Course 3407

*Members: \$18 Non Members: \$36 for all sessions*

#### URBAN NATURE FOR CHILDREN

**NEW!**

Parents and Children 0-5 years

You and your children will enjoy fresh air, physical activity, story time and a natural art activity as you explore the natural environment in an urban setting. Come prepared for a healthy walk.

**HIKE BEGINS AT Y KIDS HOUSE 428 BATTLE ST.**

**Wednesdays, 9:00-10:30 am**

Sept 15 - Oct 20

Course 3408

*Members: \$18 Non-Members: \$36 for all sessions*

#### FALL FROLICS (3 - 5 yrs)

As the leaves fall from the trees our preschoolers will frolic in all things autumn including songs, a story and seasonal craft.

#### NORTH SHORE Y

**Tuesdays, 11:00 am - 12:30 pm**

Oct 19 - Nov 9 (4 weeks)

Course 3360

*Members: \$30 Non-Members: \$42*

#### CHRISTMAS CRAFTS (3 - 5 yrs)

Come and join us for a fun filled hour of making Christmas crafts for the holidays and learn how other families around the world celebrate Christmas.

#### NORTH SHORE Y

**Tuesdays, 11:45 am - 12:45 pm**

Nov 16 - Dec 7 (4 weeks)

Course 3360

*Members: \$20 Non-Members: \$30*

#### MUSIC EXPRESS (3 - 5 yrs)

Join Vicki and Tina on a Saturday afternoon. Your child will have the opportunity to sing children's songs, explore rhythm and movement and create a musical instrument to take home

#### NORTH SHORE Y

**Saturday, 1:00 - 2:30 pm**

Oct 9

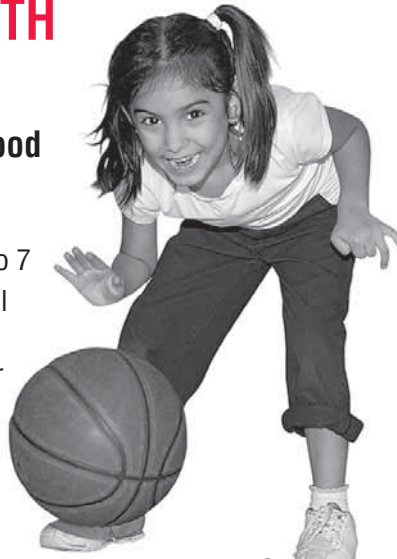
Course 3359

*Members: \$10 Non-Members: \$15*

## Y STEVE NASH YOUTH BASKETBALL

Coming to your neighbourhood this fall

- Open to boys and girls in grades 4 to 7
- Learn the fundamentals of basketball during one hour weekly practices
- Hone skills and have fun at one hour games every Saturday



**Call 250-372-7725 to register. Registration starts September 15.**

**Go to [kamloopsy.org](http://kamloopsy.org) for more information.**

Teams are limited to 10 players.

A program of the Kamloops YMCA-YWCA and Basketball BC.

We build strong kids, strong families, strong communities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.