



YMCA
BC

Spring 2023 Programs

2023

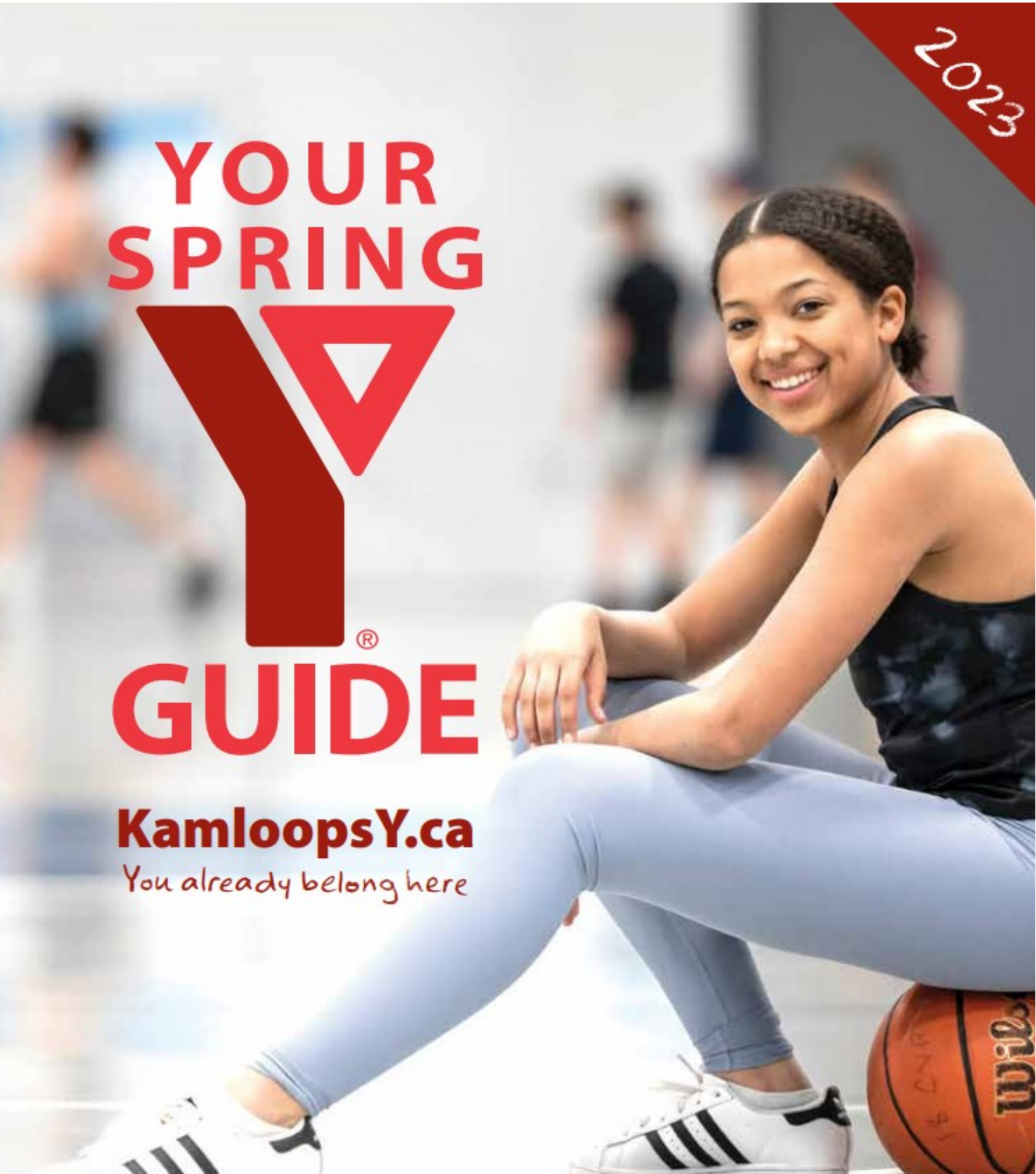
YOUR
SPRING



GUIDE

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Spring 2023 Programs

Child Care Resource and Referral—Early Years Centre, 150 Wood Street

Monday to Friday (8:00am—4:00pm)

Services Include: Lending library for families and Early Years Professionals. Affordable Child Care Benefit information, Child Care information and lists of Child Care sites for parents/caregivers.

Interactive Early Learning Centre:

Monday, Tuesday, Wednesday and Friday, 9:00am—11:30am

Thursday, 9:00am—11:30am is reserved for Family Child Care providers ONLY.

The Interactive Drop-In Centre is open for amazing drop-in programs!

Families can enjoy free play, a reading corner, arts and crafts, circle time and access to the gym for lots of movement.

[Click to see our Spring Programs](#)

Nobody's Perfect Parenting:

Wednesdays, March 29– April 26, 2023

4:00-6:00pm in person at John Tod Centre. Childminding & a meal are provided. For more information on this FREE program call 250-376-4771

Infant Massage:

Spring Dates: Tuesdays, April 18-May 16, 2023 1:00—2:00pm

Register through [Eventbrite.ca](https://www.eventbrite.ca)

Baby Time

Weekly on Wednesdays 11:45—12:30pm at John Tod Centre

Baby Locomotion

Weekly on Tuesdays 11:45am—12:30pm at John Tod Centre

Parent-Child Mother Goose

Spring registration opens April 4, 2023 at Eventbrite. See our spring program [HERE](#).

Kamloops YMCA Health and Fitness Programs

Classes for Everyone!

We've got something for everyone at our Downtown Y and John Tod locations. See full schedule [HERE](#).

John Tod Fall Group Fitness

Registration now open! Join a class today.

\$2 per session for members, \$6 per session for non-member

Must register for entire session. John Tod is not a drop-in fitness centre.

[Register online](#)

Family Fitness

We know that keeping kids active is not always easy! Youth 10+ are able to use the cardio equipment or attend a group fitness class, with a parent or guardian. Orientations available for your youth upon request. Contact Member Services for details at 250-372-7725

Speciality Fitness Programs

Minds in Motion

Minds in Motion[®] is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

To register or learn more about these in-person Minds in Motion[®] programs, please email [Tara Hildebrand](#).

Power Over Parkinson's

A unique and specific group circuit exercise program to maintain or improve flexibility and strength, encourage independence and safety, and improve balance.

To register in the program, please contact Lindsay at 250-851-7963.

John Tod Centre Y

Tuesdays & Thursdays 1:15—2:30pm

Choose to Move

A FREE 3 month program for adults 65+ who are looking to get active! With the support from a certified Activity Coach, participants develop a personalized physical activity action plan based on their goals & abilities. This program is in partnership with Active Aging BC. Participants must be: Aged 65 years or older; not physically active; not a Kamloops Y Member within the last 6 months. Contact [Kassie Fowle](#) for more information & to be added to the list to join.

*Next information session will be held Monday, April 3, from 1:30-3:00pm. Register [HERE](#).

Shapedown BC - Family Fitness, Healthy Weights for Children

Participants can expect to develop better nutrition and physical activity habits, as well as improve their mental health and family communication. For more information, visit www.interiorhealth.ca/shapedown or call the Kamloops Public Health Unit, 250-851-7300. **This program requires a referral from a doctor or nurse practitioner.*

Kamloops YMCA Aquatics Programs

Summer Swim Lesson registration opens June 14th for members & June 15th for non-members at 9:00am

[More information](#)

Bronze Medallion & Bronze Cross

Courses are ongoing and a great opportunity to start your lifeguarding career path!
Contact our Aquatics Director [Lynette](#) for more information.

Bronze Cross

10:00am-2:00pm

[More information](#)

Flick N Float

Hosted on the last Friday of each month from 4:00-7:30pm. Open to ages 5-12

Enjoy some supervised recreational swim & then relax with a movie and snacks! Registration opens on the 1st day of each month and fills quickly, so don't delay.

Babysitting Course

John Tod Y

Held once a month on Saturdays from 8:30-3:30pm.

Registration opens up on the 15th of each month.

Course Dates:

[More information](#)

Home Alone Course

Downtown Y

Held once a month on Fridays from 5:00-7:30pm

Registration opens up on the 15th of each month.

Course Dates:

[More information](#)

YMCA Swim Club

For youth 7-16 years old. Mondays and/or Wednesdays. A wonderful way to work on swimming skills and strokes while having fun.

[More information](#)

Jr. Lifeguard Club

Get a head start on learning and practicing lifesaving skills and start your path towards becoming a lifeguard and being safe in, on, and around water. Open to youth 10-18 years.

[More information](#)

Standard First Aid with CPR C/AED FULL Course & Standard First Aid with CPR C/AED Recertification

This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Recertification of Standard First Aid with CPR C/AED is achieved by attending an 8-hour Standard First Aid with CPR C/AED Recertification course. Recommended age: 15 years and older.

[More Information](#)

Mental Wellness—Spring Programs

Y Mind Youth Group - The Youth Mindfulness Group is a free 7-week psychoeducational and support group for young adults **ages 18-30** who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment.

Y Mind Youth (online)

Session Dates: May 3—June 14, 2023
Wednesdays, 6:00—8:30pm

Y Mind Teen - The Teen Mindfulness Group is a Y Mind program that supports teens **ages 13 to 17** who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings. This group will be run in-person at the John Tod Y Centre.

Y Mind Teen (in-person)

Session Dates: Wednesdays May 3—June 4, 2023
Thursdays, 6:00PM-7:30PM

Y Mind Adult Group - Adult Mindfulness is a 7-week program for adults **31+** who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings.

Y Mind Adult (in person)

Session Dates: May 2—June 13 2023
Tuesdays, 6:00pm—8:30pm

Mindful Monkeys Group - Mindful Monkeys is a physical and mental wellness program for youth **ages 8-12** that helps support youth to be more active and learn healthy coping strategies.

Mindful Monkeys (in-person)

Session Dates: April 29—June 17, 2023
Saturdays, 10:00am—12:00pm

GLOW - Our GLOW (Girls' Life of Wellness) group helps support young women and non-binary youth **ages 8-12** in all five dimensions of wellness: physical, emotional, social, spiritual and environmental. During the program, participants meet in groups to have healthy skill-building discussions (eg. body image, healthy relationships, setting boundaries, puberty, morals/values, etc) and participate in wellness activities. This group will be run in person at the John Tod Y Centre.

GLOW

Session Dates: April 26—June 14 2023
Thursdays, 6:00-8:00pm @ John Tod Centre Y

Circle of Security Parenting—Circle of Security Parenting program offers a weekly education program for parents and caregivers to improve the parent-child attachment. The program assists parents to better understand and respond to their child's needs and improve confidence in parenting skills.

Session Dates: Coming soon. Please contact us for more information.

For Spring 2023 program registration, please contact our Program Coordinator at [250-376-4771 ext.122](tel:250-376-4771) or email mentalwellness@bc.ymca.ca

Out of School Care—The Kamloops Y offers Licensed After School Care & Day Camps

After School Care - The After School Program operates during School District 73 instructional days, September through June. We offer full day care on Pro D days and during Spring Break and Winter Break. We currently offer school pick up for children grade 2 to 7 from Lloyd George Elementary, Kamloops School of the Arts, and Sahali Elementary for enrollment in our Downtown After School Program. We offer after school care for children K to 7 in our Rayleigh After School Program.

A FREE Y Membership for your child is included! * Our After School Programs and Downtown camps are licensed and government subsidy is welcome. [More information](#)

Registration is on going. Contact Program Coordinator to be added to the waitlist or visit our website to view the waitlist form.

Day Camps—Y Weekly and Monthly Camps are the perfect place for kids to be kids!

Y Weekly Camps are the perfect place for kids to be kids! Registration opens April 17th online at 9:00am for summer camp. Space is limited. Summer Day Camp 2023, information is available [HERE](#).

Our weekly licenced Downtown Camp runs at St. Andrew's Presbyterian Church, 1136 6th Ave (Lower Level - entrance by field) and is open to children ages 5-12 *must be in kindergarten. Campers will enjoy many fun activities with plenty of choices each day including games, sports, arts and crafts, swimming, field trips and the great outdoors. At the Y, we are proud to provide safe, fun and high quality programs that encourage children to develop in spirit, mind and body.

Fee: \$180 per week. Fees are prorated for partial weeks.

***Registration is ongoing for After School Care.**

*Our After School Programs and Downtown camps are licenced and government subsidy is welcome.

Please contact our School Age Program Coordinator for more information or to register at 250-376-4771 ext. 117 or email sara.hannah@bc.ymca.ca

Campers will enjoy many fun activities with plenty of choices each day including games, sports, arts and crafts, swimming, field trips and the great outdoors. At the Y, we are proud to provide safe, fun and high quality programs that encourage children to develop in spirit, mind and body.

Summer Camps - We offer two options of Y Summer Day Camps for campers ages 6-12. Camps run 8:00-5:30. The John Tod Centre Camp runs weekly at 150 Wood Campers. Our Monthly Licenced Downtown Camp option runs at St. Andrew's Presbyterian Church, 1136 6th Ave (Lower Level - entrance by field.)