

Birthday Parties

Birthdays are special! That's why we'll take care of the details so you can be a part of the party. We provide streamers, balloons, napkins, table cloths, plates, cutlery and two enthusiastic party staff. Just bring yourself, party guests, snacks, and the cake! Available Saturday and Sunday afternoons.

Members \$220 / Non-Member \$260

Youth

Youth Leadership

YOUTH LEADERSHIP DEVELOPMENT (YLD)

You've got influence – why not use it for good? YLD is a supportive and fun environment for teens to build self-esteem, develop leadership skills and get to know themselves better. From January to June YLD focuses on the theme of Sustainability. The group will plan and implement a small community project, explore the city on field trips, and engage with guest speakers from the field of sustainability. At the end of the May the group embarks on a youth camping trip on the Sunshine Coast! **Runs from Jan 17 - Jun 6.**

AQUATIC LEADERSHIP SPRING BREAK CAMP

Interested in becoming a lifeguard or swim instructor? Complete Bronze Medallion, Bronze Cross, or National Lifesaving Award in our Spring Break Aquatic Leadership Camps. See our Aquatics Guide and register now before spaces fill up! **Running March 12 - 23.**

Sports & Fitness

TEEN STRENGTH TRAINING

Take advantage of the fitness center! All youth between the ages of 13-15 must complete this program to learn how to use our strength and cardio equipment. Sign up at the Fitness Kiosk.

Members Free

YOUTH SPORTS

Want to hone your Basketball or Badminton skills? Join your friends on Saturday mornings for Basketball or Badminton for youth ages 12-14 years.

Session 1 & 3: **Members \$17.50 / Non Members \$51**

Session 2: **Members \$13.25 / Non Members \$38.25**

YMCA Friends, Fitness & Fun

This fun program is for youth with special abilities who are moving into adulthood and may need support and encouragement to be more involved with others. The program focuses on physical activity and developing friendship-building skills. Join us for yoga, swimming, dance, games, gym sports and art!

Members \$100 / Non Members \$120

Contact charlotte.humphries@vanymca.org for more info.

Spring Break Day Camps

Adventure Camp

Full of games, arts and crafts, field trips and fun! Our qualified and experienced counsellors guide campers through games and activities designed for growth, skill enhancement, and social development.

Ages 5 -12 Years / Mon-Fri 8:00 am – 5:00 pm

Members: \$127.50 / Non Members: \$143

GREAT EXPLORERS (Mar 12 - 16)

The world is yours to discover! From faraway places to the depths of your imagination, come with us on a grand adventure. Field Trip to Aquarium.

BUILD IT, PLAY IT (Mar 19 - 23)

Use your imagination to create your own invention, building or sculpture. This camp is all about using your hands to make amazing things. Field Trip to Science World.

Teen Camp

Teen camps will help you get to know yourself, become a skilled leader, and interact with a variety of people. Plus you'll make friends for life and have tonnes of fun!

Ages 12 - 15 Years / Mon-Fri 10:00 am – 4:00 pm

Members: \$92 / Non Members: \$110

FLASH MOB YMCA (Mar 12 - 16)

Spread the message about something you really care about. You and your group will pick a topic that is important to today's world and express your view in a fun and creative Flashmob! Follow the link: [<http://www.youtube.com/watch?v=3B8h-G2jo2l>] to see just one example of what this might be. Field Trip to be decided by group.

ACTIVE, HEALTHY, YOU! (Mar 19 - 23)

Learn just how easy it is to keep yourself healthy and active, even with a busy schedule! You will learn dances, partake in group fitness classes, play sports and make our own healthy and delicious snacks! Field Trip to be decided by group.

Counsellor in Training Camp

Discover your leadership potential! Do you have an interest working or volunteering as a group leader in the future? In this two week camp you will develop skills for working with young children, go on a variety of fun out trips around, be trained in First Aid and do a practicum in our day camps. Certificate upon completion!

Ages 14 - 16 Years

Mar 12 - 23 / Mon-Fri 10:00 am – 4:00 pm

Members: \$92 / Non Members: \$110

Check it out!

YMCA memberships and most programs are eligible for the Child Fitness Tax Credit!

YMCA Access Program

Financial assistance through the YMCA Access Program is available for individuals or families who face financial barriers to joining our programs and services.

Active kids
are happy kids!



Registration

Member Registration: NOV 14, 2011

Non Member Registration: NOV 21, 2011

On the web: www.MyYMCA.ca

By phone: 604-324-9622

In person at the Membership Services Desk



Langara Family YMCA

282 West 49th Ave, Vancouver BC, V5Y 2Z5

Monday – Friday 5:30 am – 10:30 pm

Weekends & Holidays 7:00 am – 9:00 pm

604-324-9622

WWW.LANGARAYMCA.CA



Child

Early Years

(3-5 YEARS)

YMCA early years programs are designed with your little one in mind! Our experienced and enthusiastic YMCA Leaders provide nurturing, safe, and fun experiences for young ones as they take their first steps toward independence. Join us for Mini Hoops, Messy Fingers, Lego Builders or Little Sneakers!

Session 1: **Members** \$17.50 / **Non Members** \$51

Middle Years

SPORTS BASICS!

Between the ages of 5-12 children benefit from exploring a variety of sports and developing a wide range of skills and abilities. That's why the YMCA has created Sports Basics! Join us for a variety of sports basics where the focus is on fun and the ABCs of athletic development: Agility, Balance, Coordination and Speed. Check out the program schedule for all the sports we offer!

Session 1 & 3: **Members**: \$17.50 / **Non Members**: \$51

Session 2: **Members**: \$13.25 / **Non Members**: \$38.25

YMCA Action Kids

Active kids are happy kids. YMCA Action Kids is an after school program, where kids get moving and playing every day! A walking school bus is available for Sexsmith, Jamieson, and Van Horne Elementary Schools. Register by single dates or full months.

Junior Action Kids (Ages K-8) **Mon-Fri** 3:30 pm – 6:00 pm
Senior Action Kids (Ages 9-12) **Mon-Fri** 3:30pm – 6:00 pm
Members: \$8 per day / **Non Members**: \$9.50 per day

NEW! SWIMMING LESSONS

Starting in January, YMCA Action Kids participants can register for full sessions of Learn to Swim and Star swim levels during YMCA Action Kids hours! On each swimming lesson date, YMCA staff will escort your child to and from the pool. It's as easy as that! Check out the Swimming Lesson schedule in the Aquatics program brochure.

Members: \$24.50 per session
Non Members: \$24.50 per session

YMCA Steve Nash Youth Basketball

This co-ed basketball league teaches kids the fundamentals! Weekly practices and scrimmages are on Thursdays with games every Friday. YMCA Coaches are trained by Basketball BC in the development of skills and teamwork.

League Runs: **Jan 19 - Apr 6 & Apr 19 - Jun 21**

Grades 4 - 5: Thur & Fri 6:00 pm – 7:00 pm
Grades 6 - 7: Thur & Fri 7:00 pm – 8:00 pm

Members \$82* / **Non Members** \$100*

*Fee includes Basketball BC Registration and reversible Steve Nash Jersey!

Child Minding

YMCA Childminding is there for kids ages 3 months to 12 years so you are free to take a class, go for a swim or meet other parents in the facility.

Members: \$3.00/hour **Additional Siblings**: \$1.00/hour
Non-members: \$5.00/hour **Additional Siblings**: \$2.00/hour



Family

Family Drop Ins

FAMILY GYM DROP IN

Bring the whole family to the YMCA for bouncy castles, blocks, mats, tricycles and more!

Members: Free / **Non Members**: Free

EASTER CARNIVAL

Join us on Easter Sunday for carnival games, crafts, snacks and, of course, an Easter Egg Hunt with the Easter Bunny!

Sunday, April 8 from 10:00 am - Noon

Martial Arts

(5 YEARS – ADULT)

Karate improves children's and adult's strength, coordination, and agility. Shotokan Karate uses self-defence to foster the spiritual qualities of courage, courtesy, integrity and humility, leading to a better life.

Members: Youth \$37 / Adults \$47
Non Members: Youth \$42 / Adults \$57

INTRODUCTION TO KARATE

A one hour introductory course for youth and adults. This is your chance to try Karate and see if it is for you. Please note this course will not include opportunities for grading.

Members: Youth \$18 / Adults \$23.50
Non Members: Youth \$20.50 / Adults \$28.50

I CAN Play Soccer

I CAN Play Soccer is a unique soccer skills program for children with autism and their siblings. The program is designed to promote the physical and social development of children and youth with autism. Register online at www.canucksautism.ca

YMCA Program Schedule

Program start the weeks of January 2, February 27 & April 23, unless otherwise noted.

AGE	PROGRAM	MON	TUES	WED	THUR	FRI	SAT	SUN
CHILD (3-5 YRS)	Mini Hoops	10:00 am - 10:45 am						
	Messy Fingers	11:00 am - 11:45 am						
	Little Sneakers				3:45 pm - 4:30 pm			
	Lego Builders				4:45 pm - 5:30 pm			
CHILD (K-8 YRS)	Basketball Basics						9:40 am - 10:30 am	
	Badminton Basics						11:40 am - 12:30 pm	
	Dodgeball Basics		4:40 pm - 5:30 pm (Starts Jan 3)					
	Indoor Soccer Basics		4:40 pm - 5:30 pm (Starts Feb 28)					
	California Kickball		4:40 pm - 5:30 pm (Starts Apr 24)					
	Favourite Games				4:40 pm - 5:30 pm (Starts Jan 5)			
	Speedminton Basics				4:40 pm - 5:30 pm (Starts Mar 1)			
	Rocks & Rings				4:40 pm - 5:30 pm (Starts Apr 26)			
	Jr. Action Kids	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm		
	Basketball Basics							10:40 am - 1:30 am
Badminton Basics							12:40 pm - 1:30 pm	
Dodgeball	4:40 pm - 5:30 pm (Starts Jan 2)							
Floor Hockey Basics	4:40 pm - 5:30 pm (Starts Feb 27)					4:40 pm - 5:30 pm (Starts Apr 27)		
Indoor Soccer Basics	4:40 pm - 5:30 pm (Starts Apr 23)							
CHILD (9-12 YRS)	Speedminton Basics			4:40 pm - 5:30 pm (Starts Jan 4)				
	Rocks & Rings			4:40 pm - 5:30 pm (Starts Feb 29)				
	California Kickball			4:40 pm - 5:30 pm (Starts Apr 25)				
	Favourite Games					4:40 pm - 5:30 pm (Starts Jan 6)		
	Football Basics					4:40 pm - 5:30 pm (Starts Mar 2)		
	YMCA Steve Nash Youth Basketball				6:00 pm - 7:00 pm 7:00 pm - 8:00 pm	6:00 pm - 7:00 pm 7:00 pm - 8:00 pm		
	I CAN Play Soccer (Jan 7 - Mar 24)						8:30 am - 9:30 am	
	Racquetball		6:00 pm - 7:00 pm					
	Sr. Action Kids	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm	3:30 pm - 6:00 pm		
	Leaders in Training (Gr 7-9)		6:30 pm - 8:30 pm					
YOUTH (12+ YRS)	Leaders (Gr 10-12)		6:30 pm - 8:30 pm					
	Teen Strength Training				7:00 pm - 9:00 pm			
	Basketball						10:40 am - 11:30 am	
	Badminton						12:40 pm - 1:30 pm	
	Racquetball		6:00 pm - 7:00 pm					
	YMCA Friends, Fitness & Fun				12:30 pm - 2:00 pm			
FAMILY (ALL AGES)	Family Gym Drop In							10:00 am - 11:30 am
	Intro to Karate	7:30 pm - 8:30 pm (Adults)		6:30 pm - 7:30 pm (Youth)				
	Karate	6:30 pm - 8:30 pm		6:30 pm - 8:30 pm				
	Family Badminton Drop In							11:45 am - 1:45 pm
	Childminding	8:30 am - 12:30 pm 4:00 pm - 8:00 pm	8:30 am - 12:30 pm 4:00 pm - 8:00 pm	8:30 am - 12:30 pm 4:00 pm - 8:30 pm	8:30 am - 12:30 pm 4:00 pm - 8:00 pm	8:30 am - 12:30 pm	8:30 am - 12:30 pm	8:30 am - 1:00 pm