

September 2023



Sunday 416 King Street	Monday 135 North Street Park	Tuesday 416 King Street	Wednesday 416 King Street	Thursday 75 High Street	Friday 416 King Street	Saturday 416 King Street
					1 Cook it Up! Shop, Cook & Learn 4:00—5:30 Food & Fun BBQ Hot Dogs & Fries 5:30 – 9:00	2 Chill Zone 1:00 - 4:00
3 Youth Centre Closed	4 Labour Day Youth Centre Closed	5 No Programs Scheduled	6 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 –9:00	7 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	8 Cook it Up! Shop, Cook & Learn 4:00—5:30 Food & Fun Chilli & Rolls 5:30 – 9:00	9 Chill Zone 1:00 - 4:00
10 Youth Centre Closed	11 Street Hockey & Outdoor Basketball 5:30—8:00	12 No Programs Scheduled	13 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 –9:00	14 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	15 Cook it Up! Shop, Cook & Learn 4:00—5:30 Food & Fun Chicken Drum Sticks & Mashed Potatoes 5:30 – 9:00	16 Chill Zone 1:00 - 4:00
17 Youth Centre Closed	18 Street Hockey & Outdoor Basketball 5:30—8:00	19 No Programs Scheduled	20 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 –9:00	21 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	22 Cook it Up! Shop, Cook & Learn 4:00—5:30 Food & Fun Ham & Cheddar Penne with Garlic Bread 5:30 – 9:00	23 Chill Zone 1:00 - 4:00
24 Youth Centre Closed	25 Street Hockey & Outdoor Basketball 5:30—8:00	26 No Programs Scheduled	27 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 –9:00	28 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	29 Cook it Up! Shop, Cook & Learn 4:00—5:30 Food & Fun French Toast, Bacon & Fruit 5:30 – 9:00	30 Chill Zone 1:00 - 4:00

Youth Centre Program Descriptions

All youth centre programs are **FREE & Drop In** with **NO** pre-registration required. **Ages 11 yr—18 yrs unless otherwise noted.**

Wednesday

Youth Leader Program & Chill Zone—Drop In

Time: 6:00—9:00

This program prioritizes leadership training through participation in skill development session, teamwork, self-government and volunteer placement. Through workshops, guest speakers, activities, role playing, etc. Youth are engaged in present day issues, solution focused techniques, and skill building activities that will give them the tools they need to be the leaders of today.

Friday

Cook It Up—Shop, Cook & Learn—**Pre-registration required (limit of 2-3 youth per session)**

Time: 4:00—5:30

Youth who have **pre-registered**, help staff shop and prepare a meal for their peers for the Food & Fun program. Youth will learn food costs, grocery budgeting tips, food safety, cooking techniques, and meal planning. All groceries will be provided. Youth will receive a copy of all recipes to take home. To pre-register, contact Tate Vachon, Youth Programs Lead by email: tate.vachon@ns.ymca.ca

Friday

Food & Fun—Drop in

Time: 5:30—9:00

A chance for youth to gather, enjoy a home cooked meal together cooked by other youth and socialize with new friends.

Saturday

Chill Zone—Drop In

Time: 1:00—4:00

Chill and enjoy all the youth centre has to offer! Pool table, air hockey table, foosball table, over 40 board games, Xbox, Wii, video games, and Wi-Fi.

Lunenburg County YMCA Youth Program Descriptions

All youth programs are **FREE & Drop In** with **NO** registration required. **Ages 11yrs—18 yrs unless otherwise indicated.**
For information on youth programs, please contact Tate Vachon, Youth Programs Lead, tate.vachon@ns.ymca.ca or 902-530-3392

Thursday

Lunenburg County YMCA, 75 High Street (Fitness Centre)

Youth Conditioning —Drop In

Time: 6:00—7:00

The YThrive program features 5 unique streams of workouts for youth to choose from based on their health & fitness goals. A dedicated team of YThrive coaches are on site to support youth as they find their ideal program!

Thursday

NSCC Gymnasium (Enter through Lunenburg County YMCA, 75 High Street)

Youth Basketball —Drop In

Time: 7:00—9:00

Provides opportunities for youth to be active, have fun, and enhance their skills in a supervised setting
All basketballs provided

Community Programs

Monday

Drop In Street Hockey & Outdoor Basketball at the LCLC (135 North Street Park - Back parking lot, under the lights behind the library)

Time: 5:30—8:00

Provides opportunities for children, youth and adults to be active, have fun, and play street hockey in a supervised setting. All equipment of various sizes provided—space for multiple pick up games. Other sports equipment are also available.
All ages & skill levels welcome!! No pre-registration required!!

Youth Leader Volunteer Opportunity