

# APRIL 2024

SUNDAY 75 HIGH STREET	MONDAY 75 HIGH STREET	TUESDAY 416 KING STREET	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
31	1 <b>No Programs Scheduled Easter Monday!</b>	2 <b>No Programs Scheduled</b>	3 Youth Leader Program 6:00 - 7:30 p.m.  Chill Zone 7:30 - 9:00 p.m.	4 Youth Conditioning 6:00 - 7:00 p.m.  Youth Basketball 7:00 - 9:00 p.m.	5 <b>* Cook it Up! *</b> <b>Shop, Cook, &amp; Learn</b> 4:00 - 5:30 p.m. <b>Food &amp; Fun</b> Chicken Tortilla Bake & Mud Pies 5:30 - 9:00 p.m.	6  <b>Chill Zone</b> 1:00 - 4:00 p.m.
7  Youth Zone 10:30 - 12:30 p.m.	8  <b>* NHL Street *</b> 5:15 - 7:00 p.m.	9 <b>No Programs Scheduled</b>	10 Youth Leader Program 6:00 - 7:30 p.m.  Chill Zone 7:30 - 9:00 p.m.	11 Youth Conditioning 6:00 - 7:00 p.m.  Youth Basketball 7:00 - 9:00 p.m.	12 <b>* Cook it Up! *</b> <b>Shop, Cook, &amp; Learn</b> 4:00 - 5:30 p.m. <b>Food &amp; Fun (V)</b> Tomato Soup & Grill Cheese 5:30 - 9:00 p.m.	13  <b>Chill Zone</b> 1:00 - 4:00 p.m.
14  Youth Zone 10:30 - 12:30 p.m.	15  <b>* NHL Street *</b> 5:15 - 7:00 p.m.	16 <b>No Programs Scheduled</b>	17 Youth Leader Program 6:00 - 7:30 p.m.  Chill Zone 7:30 - 9:00 p.m.	18 Youth Conditioning 6:00 - 7:00 p.m.  Youth Basketball 7:00 - 9:00 p.m.	19 <b>* Cook it Up! *</b> <b>Shop, Cook, &amp; Learn</b> 4:00 - 5:30 p.m. <b>Food &amp; Fun (GF)</b> Sweet & Sour Meatballs, Rice & Veg 5:30 - 9:00 p.m.	20  <b>Chill Zone</b> 1:00 - 4:00 p.m.
21  Youth Zone 10:30 - 12:30 p.m.	22  <b>* NHL Street *</b> 5:15 - 7:00 p.m.	23 <b>No Programs Scheduled</b>	24 Youth Leader Program 6:00 - 7:30 p.m.  Chill Zone 7:30 - 9:00 p.m.	25 Youth Conditioning 6:00 - 7:00 p.m.  <b>Gym Closure, No Basketball</b>	26 <b>* Cook it Up! *</b> <b>Shop, Cook, &amp; Learn</b> 4:00 - 5:30 p.m. <b>Food &amp; Fun (V)</b> Pancakes, Sausages, Fruit 5:30 - 9:00 p.m.	27  <b>Chill Zone</b> 1:00 - 4:00 p.m.
28  Youth Zone 10:30 - 12:30 p.m.	29  <b>* NHL Street *</b> 5:15 - 7:00 p.m.	30 <b>No Programs Scheduled</b>				

**KEY:**  
**(GF)** = Gluten Free Option  
**(V)** = Vegetarian Option  
 \* = Sign Up Only

Thank you to our funders:



# Youth Centre Program Descriptions

Located at 416 King Street, Bridgewater, all Youth Centre programs are **FREE** unless otherwise indicated. **Programs are for ages 11 years - 18 years unless otherwise indicated.** For information on Youth Centre programs, please contact Tate Vachon, Youth Programs Lead, [tate.vachon@ns.ymca.ca](mailto:tate.vachon@ns.ymca.ca) or 902-530-3392.

## **WEDNESDAYS - Youth Leader Program & Chill Zone - Drop In**

**Time: 6:00 - 9:00 p.m.**

This program prioritizes leadership training through participation in skill development sessions, 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 leaders of today.

## **FRIDAYS - Cook It Up! - Cook & Learn - Pre-registration required (limit of 2-3 youth per session)**

**Time: 4:00 - 5:30 p.m.**

Youth who have **pre-registered**, help staff 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. Copies of all recipes are available to youth who wish to take them home. To pre-register, contact Tate Vachon, Recreation Program Lead by email: [tate.vachon@ns.ymca.ca](mailto:tate.vachon@ns.ymca.ca)

## **FRIDAYS - Food & Fun and Chill Zone - Drop In**

**Time: 5:30 - 9:00 p.m.**

This offers a chance for youth to gather, enjoy a home cooked meal together cooked by other youth during the Cook It Up! Program and socialize with their new friends

## **SATURDAY - Chill Zone - Drop In**

**Time: 1:00 - 4:00 p.m.**

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

Located at 75 High Street, Bridgewater, all youth programs are **Free & Drop in** with no registration required unless otherwise indicated. **Programs are for ages 11 years - 18 years unless otherwise indicated.** For information on youth programs, please contact Tate Vachon, Youth Programs Lead, [tate.vachon@ns.ymca.ca](mailto:tate.vachon@ns.ymca.ca) or call 902-530-3392.

## **SUNDAYS - Youth Zone - Drop In (75 High Street)**

**Time: 10:30 a.m. - 12:30 p.m.**

This program offers youth **between the ages of 5 - 11** an opportunity to access unstructured physical activity in a cooperative setting and engage in recreational activities in a noncompetitive, healthy, fun, interactive manner in a safe social environment.

## **MONDAYS - NHL Street (75 High Street, NSCC Gymnasium) - Pre-registration Required**

**Time: 5:15 - 7:00 p.m.**

Youth who have pre-registered between the ages of 6 and 16 will learn how to play floor hockey, and have fun in this miniature floor hockey league.

## **THURSDAYS - Youth Conditioning (75 High Street, Fitness Centre) - Drop In**

**Time: 6:00 - 7:00 p.m.**

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 - Youth Basketball (75 High Street, NSCC Gymnasium) - Drop In**

**Time: 7:00 - 9:00 p.m.**

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

**Youth Leader Volunteer Opportunity:** Sunday's Youth Zone at 75 High Street from 10 a.m. - 1 p.m., Youth Leaders (aged 11-18) assist in the set up, operation, and clean up of the Youth Zone program! This involves having fun with participants aged 5-11.