

MARCH 2025

Youth Department Program Schedule - 416 King Street



SUNDAY	MONDAY 416 KING STREET	TUESDAY	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
						Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
2 No Programs Scheduled	3 Board Game Night Cancelled	4 No Programs Scheduled	5 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	6 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	7 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Mini Pizza's and Caesar Salad 5:30 - 9:00 pm	8 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
9 No Programs Scheduled	10 Board Game Night 6:00 - 9:00pm	11 No Programs Scheduled	12 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	13 CONDITIONING & BASKETBALL CANCELLED	14 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Beef Stew and Rolls 5:30 - 9:00 pm	15 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
16 No Programs Scheduled	17 Board Game Night 6:00 - 9:00pm	18 No Programs Scheduled	19 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	20 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	21 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Rosemary-Dijon Porkchop and Potatoes dinner 5:30 - 9:00 pm	22 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
23 No Programs Scheduled	24 Board Game Night 6:00 - 9:00pm	25 No Programs Scheduled	26 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	27 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	28 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun French Toast And Sausage And Fruit 5:30 - 9:00 pm	29 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
30 No Programs Scheduled	31 Board Game Night 6:00 - 9:00pm					

**King Street YMCA
Youth Centre
416 King Street,
Bridgewater**

Thank you to
our funders:



Youth Centre Program Descriptions

Located at 416 King Street, Bridgewater, all Youth Centre programs are **FREE and ages 11-18 years**, unless otherwise indicated. For information on Youth Centre programs, please contact Serena Meaney, Assistant Youth Director, serena.meaney@ns.ymca.ca or call 902-298-5512.

MONDAY - Board Games Night

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

A Chance for youth to enjoy a variety of card and board games and socialize with new friends. we have over 60 games for youth to choose from . Here are some examples of games we have available: Dungeons & Dragons, Monopoly ,Carcassonne, Chess, Life, Trouble, Settlers of Catan, Uno, Skip-Bo, Cards Against Humanity (Family Edition), Crokinole, Pictionary, Clue, Coup, Risk, One night Ultimate Supervillains and so many more!

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 Serena Meaney, Assistant Youth Director, by email: serena.meaney@ns.ymca.ca

FRIDAYS - Food & Fun - 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 Serena Meaney, Assistant Youth Director, serena.meaney@ns.ymca.ca or call 902-298-5512.

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.

SATURDAY - Youth Zone - (75 High Street, Fitness Centre & NSCC Gym) - Drop In

Time: 10:00 - 12:00 p.m.

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

Youth Leader Volunteer Opportunities

Date : Saturday's Morning

Time : 9:30 - 12:30pm

Location: Lunenburg County YMCA (75 High Street)

This program offers youth between the ages 5 and 11 year an opportunity to access unstructured physical activity in a cooperative setting and engage in recreational activities. in a noncompetitive, healthy , fun and interactive manner in a safe, supervised social environment. Our Youth Program Staff need volunteers to help running this program with all the youth . If you are interested, please contact Serena Meaney, Assistant Youth Director, by email: serena.meaney@ns.ymca.ca