

June 2025

Youth Department Program Schedule - 416 King Street



SUNDAY	MONDAY LCLC	TUESDAY	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
1	2 Street Sports 6:00 - 9:00pm	3 No Programs Scheduled	4 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	5 No Programs Scheduled Gym Closed	6 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken club wraps & Oven Fries 5:30 - 9:00 pm	7 Chill Zone 1:00 - 4:00 p.m.
8 No Programs Scheduled	9 Street Sports 6:00 - 9:00pm	10 No Programs Scheduled	11 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	12 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	13 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Cheesy meatball pasta + side veggie 5:30 - 9:00 pm	14 Youth Leader Car Wash/Yard Sale 9:00 - 2:00 p.m. NSCC Parking lot Chill Zone 1:00 - 4:00 p.m.
15 No Programs Scheduled	16 No Programs Scheduled	17 No Programs Scheduled	18 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	19 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	20 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Taco's & Rice 5:30 - 9:00 pm	21 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5- 7:30 p.m.
22 No Programs Scheduled	23 Street Sports 6:00 - 9:00pm	24 No Programs Scheduled	25 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	26 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	27 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Pancakes, Fruit and sausage 5:30 - 9:00 pm	28 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5- 7:30 p.m.
29 No Programs Scheduled	30 Street Sports 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.

Monday - Street Sports, Street Hockey & basketball (135 N park Street Lunenburg County Lifestyle Centre) -

Time: 5:30pm - 8:00 p.m.

Located in the back parking lot of the LCLC, Under the lights behind the library this 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 - spaces for multiple pick up games. Other sport equipment are also available. All Ages & Skill levels welcome!

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 : June 4th 2025

Time : 11-2

Location: Lunenburg County Lifestyle Centre.

Volunteer Opportunity for our Youth leader to support this free, family day at the LCLC. Set up at 10am Supervision of activities such as sports, obstacle course, and kid zone with everything cleaned up by 3pm. This is event partnership between the YMCA, LCLC, MODL and TOB. If you are interested, please contact Serena Meaney, Assistant Youth Director, by email: serena.meaney@ns.ymca.ca

Youth Leader Volunteer Opportunities

Date : June 14, 2025 - Car Wash & Yard Sale - Youth Department Fundraiser

Time : 9am -2pm

Location: Lunenburg County YMCA Parking lot

A fundraiser opportunity for the youth programs. Youth leaders will be washing cars for monetary donation to our youth programs. Youth Leaders will also be over-seeing a yard sale (rain or Shine). Slightly used items will be available for purchase for donation to our Youth Department to help support youth programming. **Note: In case of rain, the yard sale will take place inside the gym of NSCC of the YMCA.** If you are interested, please contact Serena Meaney, Assistant Youth Director, by email: serena.meaney@ns.ymca.ca

Date : June 14, 2025 - Youth Leader Celebration

Time : 2:30

Location: Lunenburg County YMCA

All Youth Leaders will be celebrated for their accomplishments over the past 6 months. Pizza and beverages will be provided. Family members/guardians are welcome to attend and celebrate all the hard work of the 2023 Youth Leaders!