

MAY 2025

Youth Department Program Schedule - 416 King Street



| SUNDAY | MONDAY 135 N Park Street | TUESDAY | WEDNESDAY 416 KING STREET | THURSDAY 75 HIGH STREET | FRIDAY 416 KING STREET | SATURDAY 416 KING STREET |
|-----------------------------|--|-----------------------------|--|---|--|--|
| | | | | 1 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. | 2 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Corn Chowder & Rolls 5:30 - 9:00 pm | 3 Chill Zone 1:00 - 4:00 p.m. |
| 4 No Programs Scheduled | 5 No Programs Scheduled | 6 No Programs Scheduled | 7 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m. | 8 No Basketball & Conditioning | 9 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Little of Everything 5:30 - 9:00 pm | 10 Chill Zone 1:00 - 4:00 p.m. |
| 11 No Programs Scheduled | 12 Street Sports 5:30 - 8:00pm | 13 No Programs Scheduled | 14 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m. | 15 No Basketball & Conditioning | 16 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Parmesan Chicken Fingers & Sweet Potato 5:30 - 9:00 pm | 17 Chill Zone 1:00 - 4:00 p.m. |
| 18 No Programs Scheduled | 19 NO PROGRAMS CLOSED FOR VICTORIA DAY | 20 No Programs Scheduled | 21 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m. | 22 No Basketball & Conditioning | 23 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Lasagna & Garlic bread 5:30 - 9:00 pm | 24 Chill Zone 1:00 - 4:00 p.m. |
| 25 No Programs Scheduled | 26 Street Sports 5:30 - 8:00pm | 27 No Programs Scheduled | 28 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m. | 29 No Basketball & Conditioning | 30 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Omelets, Ham and Fruit 5:30 - 9:00 pm | 31 Chill Zone 1:00 - 4:00 p.m. Zine Workshop (75 Highstreet) 1:00 - 4:00 p.m. |

**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.

WEDNESDAYS - Youth Leader Program & Chill Zone - Walk 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 - Walk 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 - Walk 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) - Walk 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) - Walk 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 Opportunities