

# JULY 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 No Programs Scheduled	2 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	3 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	4 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken noodle Soup with Grilled cheese & tomato sandwich 5:30 - 9:00 pm	5 Chill Zone 1:00 - 4:00 p.m.
6 No Programs Scheduled	7 No Programs Schedule due to no parking lot available	8 No Programs Scheduled	9 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	10 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	11 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Shepard's pie 5:30 - 9:00 pm	12 Chill Zone 1:00 - 4:00 p.m.
13 No Programs Scheduled	14 Street Sports 6:00 - 9:00pm	15 No Programs Scheduled	16 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	17 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	18 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken Veggie Stir Fly & Rice 5:30 - 9:00 pm	19 Chill Zone 1:00 - 4:00 p.m.
20 No Programs Scheduled	21 Street Sports 6:00 - 9:00pm	22 No Programs Scheduled	23 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	24 No Programs Scheduled	25 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun French Toast, Bacon & Fruit 5:30 - 9:00 pm	26 Chill Zone 1:00 - 4:00 p.m.
27 No Programs Scheduled	28 Street Sports 6:00 - 9:00pm	29 No Programs Scheduled	30 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	31 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 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](mailto:serena.meaney@ns.ymca.ca) or call 902-298-5512.

## **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](mailto: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](mailto: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:** 6:00pm - 9:00 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.

## Youth Leader Volunteer Opportunities

**Date :** July 6 2025 - Bridgewater Pride Parade

**Time :** 2:45 -4pm Parade starts at 3-4PM

**Location:** Lunenburg County YMCA Parking lot ( in the back)

All Youth Leader are welcome to join us in Bridgewater Pride Parade to show support for the 2SLGBTQQA+. Youth Leader should come prepared to walk and bring water! If you are interested, please contact Serena Meaney, Assistant Youth Director, by email: [serena.meaney@ns.ymca.ca](mailto:serena.meaney@ns.ymca.ca)

**Date :** July 22, 2025 - Exhibition Parade

**Time :** 5:30

**Location:** Lunenburg County YMCA parking lot ( in the back )

All Youth leaders are welcome to join us in this parade, as we parade through Bridgewater. Youth leaders should come prepared to walk and bring water.