

November 2025

Youth Department Program Schedule - 416 King Street

Shine On



SUNDAY	MONDAY 416 KING STREET	TUESDAY	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
						Chill Zone 1:00 - 4:00 p.m. 1 Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
2 No Programs Scheduled	3 No Programs Scheduled	4 No Programs Scheduled	5 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	6 No Program due to no Gym	7 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Taco & Rice 5:30 - 9:00 pm	8 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
9 No Programs Scheduled	10 No Programs Scheduled	11 No Programs Scheduled	12 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	13 No Program due to no Gym	14 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken veggie pasta stir-fry 5:30 - 9:00 pm	15 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
16 No Programs Scheduled	17 No Programs Scheduled	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 Chili & Rolls 5:30 - 9:00 pm	22 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
23 No Programs Scheduled 30	24 No Programs Scheduled	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 Fluffy pancakes + bacon fruit 5:30 - 9:00 pm	29 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet

**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

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

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 & Walk 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) - 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.

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

Time: 5:30pm - 7:30 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 Evening

Time : 5:30 - 7:30pm

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