

# December 2025

## Youth Department Program Schedule - 416 King Street

Shine On



Southwest  
Nova Scotia

SUNDAY	MONDAY	TUESDAY	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
	1 No Programs Scheduled	2 No Programs Scheduled	3 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	4 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	5 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Lasagna 5:30 - 9:00 pm	6 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
7 No Programs Scheduled	8 No Programs Scheduled	9 No Programs Scheduled	10 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	11 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	12 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Pizza 5:30 - 9:00 pm	13 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
14 No Programs Scheduled	15 No Programs Scheduled	16 No Programs Scheduled	17 Youth Leader Celebration & Youth Food Leader Celebration with Nourish 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	18 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	19 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Holiday Meal 5:30 - 9:00 pm	20 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
21 No Programs Scheduled	22 No Programs Scheduled	23 No Program Schedule	24 No Programs Scheduled	25 No Program Schedule	26 No Program Schedule	27 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
28 No Programs Scheduled	29 No Programs Scheduled	30 No Programs Scheduled	31 No Program Schedule			

**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 - 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](mailto: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](mailto:serena.meaney@ns.ymca.ca)

**Date :** Wednesdays December 17<sup>th</sup>

**Time :** 6:00 - 7:30pm

**Location:** 416 king street

Youth Leader Celebration & Youth Food Leader Celebration with Nourish and the youth center holiday party for youth, staff and Adult Volunteers. Youth Leader Celebration starts at 6:15 ( Parents and family members welcome to attend)

Holiday party starts at 6:45 ( Youth leaders, Adult Volunteers and Youth Department Staff are all welcome to come)