

# April 2026

## 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
No Programs Scheduled	No Programs Scheduled	No Programs Scheduled	1 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	2 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. Anchor After Hours 416 King Street 4:00 - 6:30 p.m.	3 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken quesadillas 5:30 - 9:00 pm	4 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
5 No Programs Scheduled	6 No Programs Scheduled	7 No Programs Scheduled	8 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	9 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. Anchor After Hours 416 King Street 4:00 - 6:30 p.m.	10 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Creamy veggie pasta with a side of Chicken 5:30 - 9:00 pm	11 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
12 No Programs Scheduled	13 No Programs Scheduled	14 No Programs Scheduled	15 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	16 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. Anchor After Hours 416 King Street 4:00 - 6:30 p.m.	17 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Mini pizzas & ceasar salad 5:30 - 9:00 pm	18 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
19 No Programs Scheduled	20 No Programs Scheduled	21 No Program Schedule	22 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	23 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. Anchor After Hours 416 King Street 4:00 - 6:30 p.m.	24 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Classic omelets 5:30 - 9:00 pm	25 Chill Zone 1:00 - 4:00 p.m. Youth Zone 5:30 - 7:30 p.m. NSCC GYM 75 HighStreet
26 No Programs Scheduled	27 No Programs Scheduled	28 No Programs Scheduled	29 Youth Leader Program 6:00 - 7:30 p.m. Chill Zone 7:30 - 9:00 p.m.	30 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m. Anchor After Hours 416 King Street 4:00 - 6:30 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 -

**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.

## **Thursday - Anchor After Hours**

**Ages: 12 - 18 years**

**Time: 4:00-6:30 PM**

Anchor After Hours is a welcoming, unstructured walk-in program designed to provide youth with a safe, inclusive space to connect, relax, and build positive relationships. Youth are invited to enjoy the Youth Centre, socialize with peers, and get to know the new Anchor Bridgewater Team in a comfortable environment. The program also offers food between program hours, helping to create a relaxed, welcoming atmosphere where youth can feel supported and included.

## **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

**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)

**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)

**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)