

# SEPTEMBER 2024

## Youth Department Drop-in Schedule



SUNDAY 75 HIGH STREET	MONDAY 135 N PARK STREET	TUESDAY 416 KING STREET	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
1 <b>No Programs Scheduled</b>	2 <b>No Programs Scheduled</b> *LABOUR DAY*	3 <b>No Programs Scheduled</b>	4 <b>Youth Leader Program</b> 6:00 - 7:30 p.m. <b>Chill Zone</b> 7:30 - 9:00 p.m.	5 <b>Youth Conditioning</b> 6:00 - 7:00 p.m. <b>Youth Basketball</b> 7:00 - 9:00 p.m.	6 <b>*Cook it Up!*</b> <b>Cook, &amp; Learn</b> 4:00 - 5:30 pm <b>Food &amp; Fun - Pizza (GF)</b> 5:30 - 9:00 pm	7 <b>Chill Zone</b> 1:00 - 4:00 p.m.
8 <b>No Programs Scheduled</b>	9 <b>Drop-in Street Sports, Basketball &amp; Street Hockey</b> 5:30- 7:30 pm	10 <b>No Programs Scheduled</b>	11 <b>Youth Leader Program</b> 6:00 - 7:30 p.m. <b>Chill Zone</b> 7:30 - 9:00 p.m.	12 <b>Youth Conditioning</b> 6:00 - 7:00 p.m. <b>Youth Basketball</b> 7:00 - 9:00 p.m.	13 <b>*Cook it Up!*</b> <b>Cook, &amp; Learn</b> 4:00 - 5:30 pm <b>Food &amp; Fun - Shepherds Pie</b> 5:30 - 9:00 pm	14 <b>Chill Zone</b> 1:00 - 4:00 p.m.
15 <b>No Programs Scheduled</b>	16 <b>Drop-in Street Sports, Basketball &amp; Street Hockey</b> 5:30- 7:30 pm	17 <b>No Programs Scheduled</b>	18 <b>Youth Leader Program</b> 6:00 - 7:30 p.m. <b>Chill Zone</b> 7:30 - 9:00 p.m.	19 <b>Youth Conditioning</b> 6:00 - 7:00 p.m. <b>Youth Basketball</b> 7:00 - 9:00 p.m.	20 <b>*Cook it Up!*</b> <b>Cook, &amp; Learn</b> 4:00 - 5:30 pm <b>Food &amp; Fun - beef Stew (GF)</b> 5:30 - 9:00 pm	21 <b>Chill Zone</b> 1:00 - 4:00 p.m.
22 <b>No Programs Scheduled</b>	23 <b>Drop-in Street Sports, Basketball &amp; Street Hockey</b> 5:30- 7:30 pm	24 <b>No Programs Scheduled</b>	25 <b>Youth Leader Program</b> 6:00 - 7:30 p.m. <b>Chill Zone</b> 7:30 - 9:00 p.m.	26 <b>Youth Conditioning</b> 6:00 - 7:00 p.m. <b>Youth Basketball</b> 7:00 - 9:00 p.m.	27 <b>*Cook it Up!*</b> <b>Cook, &amp; Learn</b> 4:00 - 5:30 pm <b>Food &amp; Fun</b> <b>Pancake, Sausage &amp; Fruit (V)</b> 5:30 - 9:00 pm	28 <b>Youth Zone</b> <b>75 High Street (NSCC Gym)</b> 10:00 a.m. - 12:00 pm <b>Chill Zone</b> 1:00 - 4:00 p.m.
29 <b>No Programs Scheduled</b>	30 <b>No Programs Scheduled</b> *NATOINAL DAY FOR TRUTH AND RECONCILIATION*					

**KEY:**

**(GF)** = Gluten Free Option

**(V)** = Vegetarian Option

\* = Sign Up Only

**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 Tate Vachon, Recreation Program Lead by email: [tate.vachon@ns.ymca.ca](mailto:tate.vachon@ns.ymca.ca)

## **FRIDAYS - Food & Fun and Chill Zone - 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.

## **MONDAYS - Drop-in Street Sports, Street Hockey & Basketball (135 N Park Street, LCLC)**

**Time: 5:30 - 7:30 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—space for multiple pick up games. Other sports 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.