

JANUARY 2025

Youth Department Drop-in Schedule



SUNDAY	MONDAY 416 KING STREET	TUESDAY	WEDNESDAY 416 KING STREET	THURSDAY 75 HIGH STREET	FRIDAY 416 KING STREET	SATURDAY 416 KING STREET
			1 Youth Department Closed for New year day	2 Youth Conditioning 6:00 - 7:00 p.m. Youth Basketball 7:00 - 9:00 p.m.	3 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Tomato Soup and Grilled Cheese 5:30 - 9:00 pm	4 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
5 No Programs Scheduled	6 Board Game Night 6:00 - 9:00pm	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.	10 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Little Bit of Everything 5:30 - 9:00 pm	11 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
12 No Programs Scheduled	13 Board Game Night 6:00 - 9:00pm	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.	17 * Cook it Up! * Cook, & Learn 4:00 - 5:30 pm Food & Fun Lasagna 5:30 - 9:00 pm	18 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
19 No Programs Scheduled	20 Board Game Night 6:00 - 9:00pm	21 No Programs Scheduled	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.	24 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Chicken Pot Pie 5:30 - 9:00 pm	25 Youth Zone 75 High Street (NSCC Gym) 10:00 a.m. - 12:00 pm Chill Zone 1:00 - 4:00 p.m.
26 No Programs Scheduled	27 Board Game Night 6:00 - 9:00pm	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.	31 *Cook it Up!* Cook, & Learn 4:00 - 5:30 pm Food & Fun Pancakes and Fruit 5:30 - 9:00 pm	

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.

MONDAY - Board Games Night

Time: 6:00 - 9:00 p.m.

A Chance for youth to enjoy a variety of card and board games and socialize with new friends. we have over 60 games for youth to choose from . Here are some examples of games we have available: Dungeons & Dragons, Monopoly ,Carcassonne, Chess, Life, Trouble, Settlers of Catan, Uno, Skip-Bo, Cards Against Humanity (Family Edition), Crokinole, Pictionary, Clue, Coup, Risk, One night Ultimate Supervillains and so many more!

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

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 or call 902-298-5512.

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.

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

Time: 10:00 - 12:00 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

Youth Zone Volunteer Opportunity

Date : Saturday Morning

Time : 9:30 - 12:30pm

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