



YMCA of Northern BC
250 567 4524

Recreation Schedule

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		New Years Day YMCA Closed	Open Gym 9:30am-12:30pm @GC	Holiday Y Art 9:30am-12:30pm @ICC		
6	7	8	9	10	11	12
	Parent & Tot Gym Time 9:30am-10:30am @GC	Seniors Stretch 10:30am-11:30am @FC	Parent & Tot Tea Time 9:30am-10:30am @ICC			
			Y Art 3:00pm-4:30pm @ICC			
13	14	15	16	17	18	19
	Boot Camp 9:30am-10:30am @ICC	Seniors Stretch 10:30am-11:30am @FC	Parent & Tot Tea Time 9:30am-10:30am @ICC	Active Start 9:30am-10:30am @ICC	Boot Camp 9:30am-10:30am @ICC	
	Parent & Tot Gym Time 9:30am-10:30am @GC	Sports of all Sorts 3:00pm-4:30pm	Y Art 3:00pm-4:30pm @ICC	Home School Volleyball 2:00pm-3:00pm @GC		
		Boot Camp 6:00pm-7:00pm @ICC		Boot Camp 6:00pm-7:00pm @ICC		
20	21	22	23	24	25	26
	Boot Camp 9:30am-10:30am @ICC	Seniors Stretch 10:30am-11:30am @FC	Parent & Tot Tea Time 9:30am-10:30am @ICC	Active Start 9:30am-10:30am @ICC	Boot Camp 9:30am-10:30am @ICC	
	Parent & Tot Gym Time 9:30am-10:30am @GC	Sports of all Sorts 3:00pm-4:30pm	Y Art 3:00pm-4:30pm @ICC	Home School Volleyball 2:00pm-3:00pm @GC		
		Boot Camp 6:00pm-7:00pm @ICC		Boot Camp 6:00pm-7:00pm @ICC		
27	28	29	30	31		
	Boot Camp 9:30am-10:30am @ICC	Seniors Stretch 10:30am-11:30am @FC	Parent & Tot Tea Time 9:30am-10:30am @ICC	Active Start 9:30am-10:30am @ICC		
	Rec Curriculum Day 8:30am-4:30pm	Sports of all Sorts 3:00pm-4:30pm	Y Art 3:00pm-4:30pm @ICC	Home School Volleyball 2:00pm-3:00pm @GC		
		Boot Camp 6:00pm-7:00pm @ICC		Boot Camp 6:00pm-7:00pm @ICC		

*Please note that this schedule is subject to change. For the most up to date information, please contact Taylor at 250 567 4524 or taylor.vassallo@nbc.ymca.ca.



YMCA Recreation Programs are made possible with the support of the District of Vanderhoof

186 Columbia Street, Vanderhoof, BC
250 567 4524
nbc.ymca.ca



Class Descriptions

Active Start

Join us for an instructor led physical literacy development program that encourages children to run, jump and play! *This is a free drop-in style program. Parent/Guardian supervision not required.*

Bootcamp

This one hour multi-level class incorporates cardiovascular intervals, with strength, core and a little yoga! Whether you're new to fitness, recovering from injury, or an athlete looking to cross train, this total body workout will be sure to give you what you're looking for.

Home School Volleyball

Join us for an hour-long gym session filled with a variety of warm ups, drills, game time and cool down. This program offers each participant the opportunity to come out and get active while meeting new people in a fun and safe environment! No prior experience needed; families are welcome to stay and play.

Parent and Tot Gym Time

Join us for active play time! Parents and their tots can enjoy our toys, mats, and various motor skill development activity stations. *This is a free program. Parent/Guardian supervision is required at all times.*

Parent and Tot Tea Time

Join us for a personal approach to our typical Parent & Tot program; children can learn, share and make friends all whilst their parents do the same! *Coffee and tea provided. This is a free program. Parent/Guardian supervision is required at all times.*

Seniors Stretch and Relax

A restorative class suited for those wanting to improve range of motion and awareness. Our talented instructor can modify activities for ability levels.

Sports of all Sorts

Join us in the gym after school as we discover a new sport every week. This program will include icebreaker activities, warm up and cool down games, and of course – sports. This is a free drop-in style program. Parent/Guardian supervision not required.

Y Art

Spend your afternoon getting artsy! Join us in the pottery room of the ICC where we'll be making a new craft every week and experimenting with a variety of mediums. *This is a free drop-in style program. Parent/guardian supervision not required.*

PROGRAM GUIDE
Under 6 Program <i>(Parent Supervision Required)</i>
School Aged Program <i>(5-12 yrs) / Drop-In)</i>
Adult & Senior Program
Registered/Paid Program <i>(Call the YMCA for more information)</i>

LOCATION GUIDE	
Integris Community Centre (ICC)	186 Columbia St
Gospel Chapel Gymnasium (GC)	448 Connaught St
Friendship Club (FC)	219 Victoria St E