

Child and Youth Programs

NIAGARA CENTRE SPRING 2026

REGISTERED PROGRAMS			March 22 - June 13
KidFit Game On	Ages 3-6	Tuesdays	4:30pm - 5:00pm
KidFit Game On	Ages 7-12	Tuesdays	5:15pm - 6:00pm
Pickleball Skills	Ages 7-12	Thursdays	4:45pm - 5:30pm
Variety Sports	Ages 3-6	Thursdays	5:30pm - 6:00pm
SPECIALTY PROGRAMS			March 22 - June 13
Karate	Ages 7-9	Tuesdays	6:00pm - 6:45pm
Karate	Ages 10-13	Tuesdays	7:00pm - 7:45pm
Karate	Ages 14+	Tuesdays	8:00pm - 9:30pm
DROP-IN PROGRAMS		Active Child Membership Required for Drop-In Programs	
Child and Youth Drop-In	Ages 3-12	Mondays	5:00pm - 6:30pm
Child and Youth Drop-In	Ages 3-12	Wednesdays	5:00pm - 6:30pm
Child and Youth Drop-In	Ages 3-12	Saturdays	9:30am - 11:30am
Family Bounce <small>Parent Supervision Required</small>	Ages 3-12	Mondays	6:45pm - 7:30pm

No programs on April 3, April 5, April 11, and May 18. Drop-in program times subject to change, check GymMaster for updates. Participants are divided up into age appropriate groups based on registration numbers.

Get more with a YMCA Child Membership

- ✓ Priority Registration for Registered & Specialty Programs
- ✓ One Registered Program
- ✓ Membership discount on additional Registered Programs
- ✓ Unlimited Open Swim, Open Gym & Drop-In Programs
- ✓ Membership discount for a YMCA Birthday Party
- ✓ Fitness Floor Access for Members (10-12) with a guardian



Register
Online Today