

# Child and Youth Programs

NIAGARA WEST SPRING 2026

## REGISTERED PROGRAMS

March 22 - June 13

Scientist in the YMCA	Ages 6-12	Tuesdays	6:30pm - 7:15pm
Ball Hockey Skills	Ages 8-12	Tuesdays	7:30pm - 8:15pm
Once Upon a Craft	Ages 3-6	Wednesdays	5:00pm - 5:30pm
Taekwondo	Ages 6-9	Thursdays	5:30pm - 6:15pm
Taekwondo	Ages 10-15	Thursdays	6:30pm - 7:15pm
Global Explorers at the Y	Ages 8-12	Thursdays	7:30pm - 8:15pm
KidFit Cardio	Ages 8-12	Saturdays	11:00am - 11:30am
Variety Dance	Ages 6-12	Saturdays	11:45am - 12:30pm

## DROP-IN PROGRAMS

Active Child Membership Required for Drop-In Programs

Child and Youth Drop-In	Ages 3-12	Mondays	5:30pm - 7:30pm
Child and Youth Drop-In	Ages 3-12	Tuesdays	5:30pm - 7:30pm
Child and Youth Drop-In	Ages 3-12	Wednesdays	5:30pm - 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.



Monday, Tuesday, Wednesday 4PM - 6PM (Small Gym)

Saturday & Sunday 8:30AM - 11:00AM (A/B Room)

## 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