

# Child and Youth Programs

NIAGARA CENTRE SUMMER 2026

## REGISTERED PROGRAMS

June 28 - August 29

|                       |           |           |                 |
|-----------------------|-----------|-----------|-----------------|
| Outdoor Discovery     | Ages 3-5  | Tuesdays  | 5:30pm - 6:00pm |
| KidFit Cardio         | Ages 6-12 | Tuesdays  | 6:15pm - 7:00pm |
| KidFit Yoga           | Ages 3-5  | Thursdays | 4:30pm - 5:00pm |
| Scientist in the YMCA | Ages 6-12 | Thursdays | 5:15pm - 6:00pm |

## 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 - 11:00am |

No programs on July 1 & August 3. 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