

# Child and Youth Programs

NIAGARA CENTRE FALL 2026

| REGISTERED PROGRAMS                                       |            |                                                       | September 20 - December 12<br>No programs on October 12 |
|-----------------------------------------------------------|------------|-------------------------------------------------------|---------------------------------------------------------|
| Variety Sports                                            | Ages 3-5   | Tuesdays                                              | 4:15pm-4:45pm                                           |
| Lacrosse Skills                                           | Ages 6-12  | Tuesdays                                              | 5:00pm-5:45pm                                           |
| SPECIALTY PROGRAMS                                        |            |                                                       |                                                         |
| 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                                           |
| Little Veterinarian School:<br>Pawesome Adventures Part I | Ages 5-10  | Thursdays                                             | 4:30pm-5:30pm                                           |
| Little Doctor School:<br>Future Physicians Part I         | Ages 6-10  | Thursdays                                             | 6:00pm-7:00pm                                           |
| 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                                          |
| Family Bounce<br>Parent Supervision Required              |            | Monday                                                | 7:00pm-7:45pm                                           |

No programs on Thanksgiving (October 12). 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 Programs
- ✓ One Free Registered Skill-Based Program per Session
- ✓ 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