

Child and Youth Programs

NIAGARA WEST FALL 2026

REGISTERED PROGRAMS			September 20 - December 12 No programs on October 12
Variety Sport	Ages 6-12	Wednesdays	7:30pm-8:15pm
Taekwondo 1	Ages 6-9	Thursdays	5:30pm-6:15pm
Taekwondo 2	Ages 10-15	Thursdays	6:30pm-7:15pm
Lego Builders	Ages 6-9	Thursdays	6:30pm-7:15pm
YMCA Art Academy	Ages 8-12	Thursdays	7:15pm-8:00pm
Kidfit Cardio	Ages 3-6	Saturdays	11:00am-11:30am
Flag Football Fundamentals	Ages 6-12	Saturdays	11:45am-12:30pm
SPECIALTY PROGRAMS			
Soccer Stars 1	Ages 6-8	Tuesdays	4:00pm-4:45pm
Soccer Stars 2	Ages 9-12	Tuesdays	4:45pm-5:30pm
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 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.

EarlyON

Ontario 

Monday - Wednesday 4:00pm-6:00pm
Saturday - Sunday 8:30am-11:00am

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**