

January 2022



Sunday	Monday 416 King St	Tuesday 416 King Street	Wednesday 416 King St	Thursday 75 High Street	Friday 416 King Street	Saturday 416 King St
						1 Youth Centre Closed Happy New Year
2 Youth Centre Closed	3 No Programs Scheduled	4 No Programs Scheduled	5 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 -9:00	6 Youth Conditioning 6:00—7:00	7 Dinner & Movie Night TOMATO SOUP & GRILLED CHEESE & HAM 5:30 -9:00	8 Chill Zone 1:00 - 4:00
9 Youth Centre Closed	10 No Programs Scheduled	11 No Programs Scheduled	12 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 -9:00	13 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	14 Dinner & Movie Night SHEPHERD'S PIE & ROLLS 5:30 -9:00	15 Chill Zone 1:00 - 4:00
16 Youth Centre Closed	17 No Programs Scheduled	18 No Programs Scheduled	19 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 -9:00	20 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	21 Dinner & Movie Night PORK FAJITAS 5:30 -9:00	22 Chill Zone 1:00 - 4:00
23/30 Youth Centre Closed	24/31 No Programs Scheduled	25 No Programs Scheduled	26 Youth Leader Program 6:00 - 7:30 Chill Zone 7:30 -9:00	27 Youth Conditioning 6:00—7:00 Youth Basketball 7:00—9:00	28 Dinner & Movie Night CHICKEN BURGERS & SWEET POTATO FRIES 5:30 -9:00	29 Chill Zone 1:00 - 4:00

Youth Centre Program Descriptions

- All youth program, workshops and camps are **FREE & Drop In**. **All participants must show proof of vaccination for ALL programs.**
- For information on youth programs, please contact Kim Whitman-Mansfield, Youth Coordinator at kim.whitman-mansfield@ns.ymca.ca or call 902-530-3392

Friday

Dinner & Movie—Drop in.

Time: 5:30—9:00

A chance for youth to gather, enjoy a home cooked meal and watch a movie together or challenge each other to a board game

All meals will be provided.

No pre-registration required.

Saturday

Chill Zone—Drop In.

Time: 1:00—4:00

Come chill and enjoy all the youth centre has to offer! Pool table, air hockey table, foosball table, over 40 board games, Xbox, Wii, video games, Netflix, and free Wi-Fi.

No pre-registration required.

Wednesday

Youth Leader Program & Chill Zone—Drop In.

Time: 6:00—9:00

This program prioritizes leadership training through participation in skill development session, teamwork, self-government and volunteer placement. Through workshops, guest speakers, activities, role playing, etc. Youth are engaged in present day issues, solution focused techniques, and skill building activities that will give them the tools they need to be the leaders of today.

No pre-registration required.

Or...Join us virtually each week or when you can't make it!

Join Zoom Meeting

<https://us02web.zoom.us/j/89670117597?pwd=aVRxMENzamxFVUw5ZnpqOThoZ1NqQT09>

Meeting ID: 896 7011 7597

Passcode: 215468

Lunenburg County YMCA Program Descriptions

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Thursday

Lunenburg County YMCA, 75 High Street (Fitness Centre)

Youth Conditioning —Drop In

Time: 6:00—7:00

The YThrive program features 5 unique streams of workouts for youth to choose from based on their health & fitness goals. A dedicated team of YThrive coaches are on site to support youth as they find their ideal program!

No pre- registration required.

Thursday

NSCC Gymnasium (Enter through Lunenburg County YMCA, 75 High Street)

Youth Basketball —Drop In

Time: 7:00—9:00

Provides opportunities for youth to be active, have fun, and enhance their skills in a supervised setting

All basketballs provided

No pre- registration required.