

YMCA of Lethbridge

Youth Sport & Fitness Programs

Starting Week of January 6, 2025

Shine On  Lethbridge

Kid Fit

Ages: 2Y-5Y

Get little ones moving with fun, active games that build coordination, balance, and confidence.

Intro to Tumbling

Ages: 5Y-8Y

Build strength and flexibility while learning tumbling fundamentals in a supportive and fun environment.

Intro to Cheer Dance

Ages: 6Y-9Y

Learn the basics of cheerleading and dance in a high-energy program about movement and fun.

Youth Basketball Programs

Ages: 6Y-12Y

Dribble, shoot, and score while developing teamwork and basketball skills.

Youth Soccer Programs

Ages: 6Y-12Y

Stay active indoors this winter with fast-paced games and skill development for soccer enthusiasts.

Girls on the Move Multisport

Ages: 7Y-12Y

Explore a mix of fun, engaging sports designed to build confidence, skills, and friendships.

Youth Badminton Programs

Ages: 9Y-12Y

Serve, rally, and play! Build skills and enjoy friendly competition in a fun badminton program.

Youth Volleyball Programs

Ages: 9Y-12Y

Bump, set, and spike! Build confidence and skills while enjoying the game in a friendly setting.

Functional Fitness

Ages: 8Y-11Y

Confidence starts here! Fun, age-appropriate workouts guided by certified coaches.

Learn to Lift

Ages: 11Y-13Y

Master proper lifting techniques and build strength with expert guidance.

Girls Learn to Lift

Ages: 11Y-13Y

Empowering girls to build strength, confidence, and lifelong fitness skills in a supportive space.

House of Iron

Ages: 14Y-17Y

Elevate your training! Build muscle and lift with efficiency and power.



Youth Sport & Fitness Programs Schedule

Starting Week of January 6, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Basketball Ages 6Y-7Y 5:00PM	Youth Soccer Ages 6Y-8Y 5:00PM	Girls on the Move Ages 7Y-12Y 5:00PM	Learn to Lift Ages 11Y-13Y 5:30PM	Youth Badminton Ages 9Y-12Y 1:00PM	Kid Fit Ages 2Y-3Y 9:00AM
Youth Basketball Ages 8Y-9Y 6:00PM	Youth Soccer Ages 9Y-12Y 6:00PM	Functional Fitness Ages 8Y-11Y 5:30PM	Youth Volleyball Ages 9Y-12Y 6:00PM	Intro to Tumbling Ages 5Y-8Y 2:00PM	Kid Fit Ages 4Y-5Y 10:00AM
		Intro to Cheer Dance Ages 6Y-9Y 6:00PM		Girls Learn to Lift Ages 11Y-13Y 2:00PM	
		House of Iron Ages 14Y-17Y 6:30PM			
		Youth Basketball Ages 10Y-12Y 7:00PM			

Register today at lethbridgemyca.ca/programs

Contact Us!

✉ cvrfitness@lethbridgemyca.ca

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