YMCA of Lethbridge Youth Sport & Fitness Programs

Starting Week of January 6, 2025

Kid Fit Ages: 2Y-5Y

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

Youth Basketball Programs

Ages: 6Y-12Y

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

Intro to Tumbling

Ages: 5Y-8Y

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

Youth Soccer Programs Ages: 6Y-12Y

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

Youth Badminton Programs

Ages: 9Y-12Y

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

Learn to Lift

Ages: 11Y-13Y

Master proper lifting techniques and build strength with expert guidance.

Youth Volleyball Programs

Ages: 9Y-12Y

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

Girls Learn to Lift

Ages: 11Y-13Y

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

Intro to Cheer Dance

Ages: 6Y-9Y

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

Shine Di

Girls on the Move Multisport

Ages: 7Y-12Y

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

Functional Fitness

Ages: 8Y-11Y

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

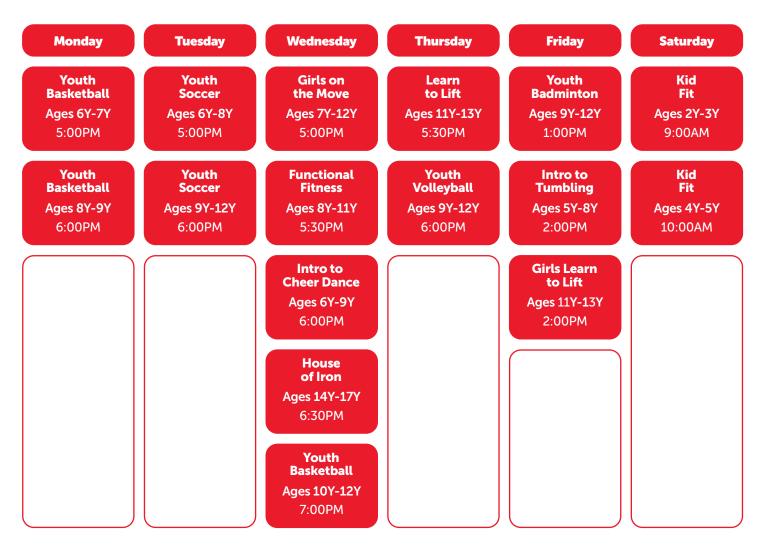
House of Iron

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



Register today at lethbridgeymca.ca/programs

Contact Us!

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