

**Spring/Summer 2007  
Program Schedule**

Effective July 2007  
www.ymcatoronto.org

**99 Acorn Place, Mississauga, ON, L4Z 4E2**  
Phone: (905) 791-5576  
Monday through Friday 8:30 a.m. to 9 p.m.  
Saturdays & Holidays 9 a.m. to 6 p.m.  
Sundays 10 a.m. to 3 p.m.

Region of Peel  
Working for you

**MONDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00	Family Time (0-6 yrs) 9:30-11:00				
10:30		Play Gym (3-5 yrs) 10:00-11:30	Arts and Crafts (3-5 yrs) 10:00-11:30	Village Café Adult (16 yrs+) 10:00-12:00	Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30		Fitness Class (16 yrs+) 11:30-12:15			
12:00					
12:30					
1:00					
1:30		On and Off Campus Activities 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30					
4:00		Recreational Sports (10-15 yrs) 3:30-6:00			
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30		Adult Basketball (16 yrs+) 7:00-9:00	Interactive Games (10-15yrs) 7:00-8:30		
8:00					
8:30					
9:00					

\* Parents/guardians must stay in the facility for all 3-5 year old programs  
\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**TUESDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00	Tell Me A Story (0-6 yrs) 9:30-11:00				
10:30		Play Gym (3-5 yrs) 10:00-11:30	Arts and Crafts (3-5 yrs) 10:00-11:30	Village Café Adult (16 yrs+) 10:00-12:00	Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00					
12:30					
1:00					
1:30		On and Off Campus Activities 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30					
4:00		Child Sports and Games (6-9 yrs) 3:30-5:30			
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30		Adult Basketball (16 yrs+) 7:00-9:00	Interactive Games (9-15 yrs) 6:30-9:00	Domino Club (16 yrs+) 7:00-9:00	
8:00					
8:30					
9:00					

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\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**WEDNESDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00	Family Time (0-6 yrs) 9:30-11:00				
10:30		Play Gym (3-5 yrs) 10:00-11:30	Arts and Crafts (3-5 yrs) 10:00-11:30	Village Café Adult (16 yrs+) 10:00-12:00	Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00		Yoga for Beginners (16 yrs+) 11:45-12:15			
12:30					
1:00					
1:30		On and Off Campus Activities 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30		Child Sports and Games (6-9 yrs) 3:30-5:00			
4:00					
4:30					
5:00					
5:30		Youth Sports (10-15 yrs) 5:30-7:00			
6:00					
6:30					
7:00					
7:30		Adult Volleyball (16 yrs+) 7:00-9:00	Interactive Games (9-15 yrs) 6:30-9:00		
8:00					
8:30					
9:00					

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\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**THURSDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00	Creative Movement (0-6 yrs) 9:30-11:00				
10:30		Play Gym (3-5 yrs) 10:00-11:30	Arts and Crafts (3-5 yrs) 10:00-11:30	Village Café Adult (16 yrs+) 10:00-12:00	Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00					
12:30					
1:00					
1:30		On and Off Campus Activities 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30		Child Sports and Games (6-9 yrs) 3:30-5:00			
4:00					
4:30					
5:00		Youth Sports (10-15 yrs) 5:00-7:00			
5:30					
6:00					
6:30					
7:00					
7:30		Adult Volleyball (16 yrs+) 7:00-9:00	Interactive Games (9-15 yrs) 6:30-9:00	Domino Club (16 yrs+) 7:00-9:00	
8:00					
8:30					
9:00					

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■ Open Gym

**FRIDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00					
10:30		Play Gym (3-5 yrs) 10:00-11:30	Arts and Crafts (3-5 yrs) 10:00-11:30	Village Café Adult (16 yrs+) 10:00-12:00	Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00					
12:30					
1:00					
1:30		On and Off Campus Activities 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30		Child Sports and Games (6-9 yrs) 3:30-5:00			
4:00					
4:30					
5:00					
5:30		Youth Sports (10-15 yrs) 5:00-7:00			
6:00					
6:30					
7:00					
7:30		Friday Fun Night (15 yrs+) 7:00-9:00	Interactive Games (9-15 yrs) 7:00-9:00		
8:00					
8:30					
9:00					

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\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**SATURDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00					
10:30		Child Recreational Gym (6-9 yrs) 10:00-12:00			Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00					
12:30					
1:00					
1:30		Youth Recreational Gym (10-15 yrs) 1:00-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30					
4:00		Adult Basketball (16 yrs+) 4:00-6:00			
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					

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\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**SUNDAY**

TIME	121 ACORN PL.	99 ACORN PL.			85 ACORN PL.
		Main Gym	Room 2	Café Area	
9:00					
9:30					
10:00					
10:30		Child Recreational Gym (6-9 yrs) 10:00-11:30			Boys and Girls Club (9-12 yrs) 9:30-12:30
11:00					
11:30					
12:00					
12:30					
1:00					
1:30		Youth Recreation Gym (6-9 yrs) 12:30-3:00			
2:00					
2:30					Boys and Girls Club (6-8 yrs) 1:30-4:30
3:00					
3:30					
4:00					
4:30					
5:00		Adult Basketball (16 yrs+) 4:30-6:00			
5:30					
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					

\* Parents/guardians must stay in the facility for all 3-5 year old programs  
\* 99 Acorn Pl. – Employment Resource Centre 9:00 a.m. - 5:00 p.m.  
■ Open Gym

**THE VILLAGE CAFÉ**  
(16 years + or accompanied by an adult)  
**Open Daily 10 a.m. – 12 p.m.**  
Come enjoy the Village Café experience!  
Meet with friends or take advantage of quiet time and relax in a warm environment with refreshments, a huge selection of magazines, and newspapers. Adults only.  
**Free of charge**

**Kids Nutrition and Life Skills Club**  
Starting the day with a healthy breakfast is critical to a child's ability to learn. In low-income families breakfast skipping often relates to financial pressures where there just isn't enough money in the family to meet basic needs let alone adequate nutrition.  
**Our goals for the Kids Nutrition and Life Skills Club are to:**

- Provide healthy and nutritious breakfasts
- Teach children about nutrition and healthy eating
- Conduct cooking and food preparation classes for kids and parents
- Teach life-skills to kids including manners, table setting, clean-up and conduct/behavior at the dinner table

## GENERAL INFORMATION

Welcome to the YMCA Family!

Congratulations on taking this step towards improving your health and wellness. All YMCA staff and volunteers will encourage and support your choices for a healthy lifestyle.

*Peel Youth Village YMCA staff and volunteers*

### WHAT IS INCLUDED IN YOUR PEEL YOUTH VILLAGE YMCA MEMBERSHIP

- All memberships at Peel Youth Village are free
- Use of Gymnasium
- Unlimited access to programs for preschool, children, youth and adults
- Use of Village café during open hours
- Use of open game tables (i.e. foos ball, air hockey etc.)
- Access to trips and events (some fees may apply)

### LOST MEMBERSHIP CARD?

Lost membership cards may be replaced for a nominal fee.

### ABOUT THE YMCA

**Mission:** The YMCA of Greater Toronto is a charity offering opportunities for personal growth, community involvement and leadership.

**Vision:** The YMCA of Greater Toronto will focus on making connections: connecting people, connecting with youth and connecting with the community.

**Values:** Caring • Health • Honesty • Inclusiveness • Respect • Responsibility

## FACILITY ACCESS

### PRESCHOOL/CHILD FACILITY ACCESS

Children nine and younger may use YMCA programs and facilities when accompanied by an adult caregiver (16 years plus)

Monday to Friday 10 a.m. - 9 p.m.

Saturday 10 a.m. - 6 p.m.

Sunday 10 a.m. - 6 p.m.

Holidays 10 a.m. - 6 p.m. unless otherwise posted

**To ensure your child's safety we expect that:**

Adult caregivers of children nine and younger must remain in the facility while children are participating in programs. When a child is not in a program, the YMCA expects that adult caregivers will directly supervise children nine and younger while in the facility.

### YOUTH FACILITY ACCESS

Youth aged 10 - 15 are welcome at all times when accompanied by an adult caregiver. When not accompanied by an adult, youth are welcome before and after school and on weekends and holidays.

### PROGRAM AREA ACCESS

Program areas will close 30 minutes prior to building closure. All members are asked to vacate the building by 9 p.m. Monday to Saturday, 7 p.m. on Sundays and 6 p.m. on holidays.

### PROPER ATTIRE

For your safety and the safety of others, proper attire must be worn while in program areas.

### MEN AND WOMEN'S GENERAL CHANGE ROOM

Separate change rooms for men and women are located on the concourse level. YMCA members and guests, 10 years of age or older, are welcome to use the change rooms. Children six to nine years of age must be accompanied and supervised by a same-sex, adult caregiver.

For everyone's comfort please:

- Leave change rooms/showers clean and ready for the next user. Please remember that these areas are shared spaces.
- Always keep your valuables within eyesight.
- Ensure that children nine years of age and under are directly supervised in change rooms at all times.
- Lost and found is located at the Membership; YMCA does not take responsibility for lost or stolen items.

### GUESTS

Adult members, 16 years plus, are welcome to bring guests with them to the YMCA. Children and youth can bring a guest when accompanied by an adult caregiver. For a safe and enjoyable visit, we ask members to accompany their guests during their visit. All guests must leave identification with the Membership Desk.

## 85 ACORN PLACE – SUMMER ACTIVITY CENTRE

### BOYS AND GIRLS CLUB

(6-8 years and 9-12 years)

Join the Club **weekdays** for a summer filled with arts and crafts, games, activities, special events, theme days and talent shows. The Fit Kit (active lifestyle & healthy choices) and Kids in the Kitchen will also be a part of this summer's fun!

Watch for 'Go Girls', a self-esteem and healthy choices program especially for girls aged 11-14 years. The program will be implemented in collaboration with Big Brothers Big Sisters of Peel. There will be a limited number of spots available. Please register early for this program.

## 99 ACORN PLACE YMCA PROGRAMS SCHEDULE

### THE VILLAGE CAFÉ

(16 years+ or accompanied by an adult)

Weekdays 10 a.m - 12 p.m.

Free of charge. Drop in for coffee, tea or a snack. Read recent magazines or newspapers.

### PRESCHOOL PROGRAMS (3-5 YEARS)

*\*Parents must be in the building for all of the preschool programs*

To register for programs please call 905-791-5576, Ext. 7000

### PLAY GYM

(3-5 years with an adult)

Jump, run, play, create, explore! Do it all in a fun and safe environment that will give your little one the opportunity to be creative, learn a new skill and socialize with other children. Please register for this program.

### ARTS AND CRAFTS

(3-5 years)

Preschoolers get to create, glue, paint, draw and more! The program emphasizes bringing out creativity, while working on fine motor skills. Please register for this program.

## CHILD PROGRAMS (6-9 YEARS)

### CHILD SPORTS AND GAMES

Drop in and explore various sports, games and activities in a supervised environment that stresses inclusion, skills and team building.

### HOUSE LEAGUE BASKETBALL

(Children 6-9 years and youth 10-15 years)

Got game? Create a team of your own or join one. House League is a great opportunity for children to develop passing, dribbling and shooting skills, while learning the strategies and rules of the game in a co-operative and supportive setting. Please register for this program.

### OFF CAMPUS ACTIVITIES

Children will get the opportunity to explore various creative arts; drama, painting, jewellery making, dancing and much more! Children will be encouraged to bring out their creativity and imagination. Please register for this program.

### INTERACTIVE GAMES

Stimulate your mind, build your vocabulary, experience team work and enjoy relaxing in an entertaining and fun way.

## YOUTH PROGRAMS (10-15 YEARS)

### DRAMA CLUB

(ALL AGES)

A fun and interactive program to develop and express creativity through the art of role playing activities, games, singing, writing and speaking.

### BASIC HAND EMBROIDERY

Learn hand embroidery techniques that allow you creative freedom to add designer inspired embellishments to apparel, fashion accessories and home décor.

### COOKING IN THE KITCHEN

Having trouble getting meals just right? Participate in a class to learn basic food preparation skills. Please register for this program.

### YOUTH RECREATIONAL SPORTS

Drop in and explore various sports, games and activities in a supervised environment that stresses fun, skills and team spirit!

### YOUTH LEADERSHIP CORPS

(Leader in Training 11-14 years/ Leaders 15-19 years)

Since 1884, our Youth Leadership Corps has been challenging youth through quality programs that reflect the YMCA's mission and vision. Through leadership training, self government and volunteer placements, youth work together, build confidence and make new friends. There is an application and interview process to join.

## MEMBER ETIQUETTE

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff all pledge to treat one another with respect and dignity.

## VOLUNTEER OPPORTUNITIES

Volunteering is a demonstration of caring for others. You will find it at the heart of the YMCA. The YMCA has opportunities for people to get involved in the community by running programs, providing customer service, making policies and raising money. By giving their time to others, volunteers also give themselves a chance to learn, grow and have fun. If you are interested in becoming a YMCA Volunteer, or would like to learn more about volunteering at the YMCA, please inquire at the Membership Desk.

The YMCA is proud to work with its partners to deliver excellent programs and services to the residents of Peel Youth Village and the Acorn Community.



Your YMCA's charitable registration number is: 11930 7080 RR0001

## ADULT PROGRAMS (16+ YEARS)

### FRIDAY FUN NIGHT

(15 years+)

Teens participate in a variety of sporting activities (i.e. volleyball, basketball, floor hockey) while either on opposing teams or working together.

### YOGA FOR BEGINNERS

In beginners's yoga, you will be learning basic postures, alignment, breathing techniques, meditation and relaxation.

### BASKETBALL

This is a great opportunity to pick up a game or practice your skills.

### FITNESS CLASS

This challenging workout focuses on overall muscular strength and endurance with the use of various types of resistance equipment.

### VOLLEYBALL

Drop in and join in a game of volleyball. Five-on-five rotation or point games played.

### DOMINO CLUB

Interested in playing a game with people around your age, then join the domino club. Get to know your neighbours and you could even give "six love" to somebody!

## 99 ACORN PLACE – REGION OF PEEL

### PUBLIC HEALTH NURSE AT PYV

A Public Health Nurse is available to provide consultation to residents of Peel Youth Village. This may include assessment of individual health related concerns, health teaching, supportive counselling and referrals to community agencies. The Public Health Nurse is also available to foster linkages to other health related programs and services (i.e. parenting programs, healthy sexuality clinics, prenatal classes).

### PEEL YOUTH VILLAGE TEEN PRENATAL SUPPER CLUB

A prenatal nutrition program for pregnant teens. This program is designed to provide information about pregnancy, baby care and parenting, as well as support from the staff and other mothers. Topics include labour/delivery, prenatal/infant nutrition, healthy relationships and information about community resources. Participation is encouraged early in pregnancy and up to three months after your baby is born. Tuesday evenings - 4:30 p.m. - 6:30 pm.

For more information about Peel Public Health programs and services, call 905-799-7700 or visit peelregion.ca

## EMPLOYMENT RESOURCE CENTRE

Monday, Wednesday, Friday and Saturday 1 p.m. – 4:30 p.m.  
Tuesday and Thursday 11 a.m. – 7 p.m.

### DROP-IN

The Employment Resource Centre at Peel Youth Village is your one-stop centre to assist you in reaching your employment goals. We are open six days a week to serve you and no appointment is necessary.

### SERVICES

We provide access to employment counsellors, computers, Internet, telephone, photocopier and fax machine, job board, employment and community resources.

### WORKSHOPS

We offer a variety of workshops to assist job seekers reach their goals. The Winning Resume, Cover Letter, Effective Job Search Techniques, Interview Skills Part 1 and 2, Email Tutorial, Internet Job Search and a Networking Club.

### CALENDARS & REGISTRATION

For more information, or to register for our workshops, please call 905-791-5576. You can also drop by to register or to pick up a copy of our monthly calendars.

## 100 ACORN PLACE – COMMUNITY OUT-REACH NETWORK

The Acorn Community Outreach Network, offers events for all members in the Acorn Community:

- Bingo Night
- Movie & Pizza Night
- Seniors Events
- Literacy & Game Night

All events are run at 100 Acorn Place. Notices are posted on the bulletin boards of all five buildings to promote events happening in the community.

For further information contact Debbie, Event Co-ordinator, at 905-568-4720.

## 121 ACORN PLACE – MISSISSAUGA CENTRE

MCOEYC is run by Family Day Care Services and offers programs at various outreach locations. For more information and to view our monthly calendar please go to familydaycare.com, or call us at 905-566-4785. Our main site is located at 719 Central Pkwy W., Unit 212.

## CHILD PROGRAMS (0-6 YEARS)

### CREATIVE MOVEMENT

This program offers a variety of activities such as finger-plays, songs and musical games. This encourages listening skills, speech and language development and large motor skills.

### FAMILY TIME

Interactive play in an early learning environment. Includes creative, sensory, music, language and math activities.

### TELL ME A STORY

Program focus in on story telling. Includes stories, songs, creative and sensory activities.