

# CHILDREN & YOUTH PROGRAMS



CHILD & YOUTH



## Develop Physical Literacy

Our programs include intentional activities that help build physical literacy to help kids be active and confident in whatever activity or sport they choose.

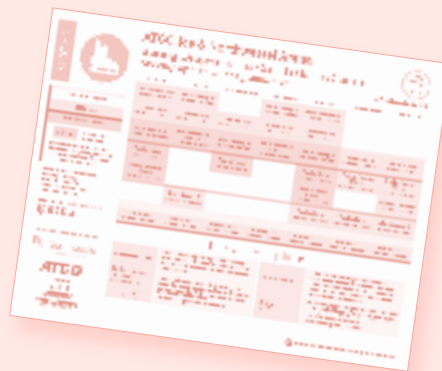
## Become Socially Responsible

We teach kids to respect themselves, others, and the environment in which they learn and play.

## Develop Life Skills

Kids learn social skills, independence, and good decision making. Developmentally appropriate games and activities help keep your child healthy, active, and engaged.

**Drop in and  
be active  
at the CGC.**



**Drop-in schedules can be picked up at the  
Canada Games Centre or viewed online at  
[www.whitehorse.ca/cgcschedules](http://www.whitehorse.ca/cgcschedules)**



## The 3 O'clock Craze After School Program

### Ages 5 – 12 years

3 O'C offers fun and stimulating games that center on physical literacy, friendship building, skill development, creative challenges and positive role models.

We will be running our program out of Shipyards Park with CGC days included.

Pick the registration option that best suits your needs now with even more flexibility!

#### Option 1 – Flexible days

Pick the specific days you want with our FlexReg option. Register at the Canada Games Centre reception or over the phone by calling 668-8360.

#### Option 2 – Full Course

Register online for the entire season (April – June). Scheduled payments are available in person.

#### Shipyards Park

<b>M – F</b>	<b>Apr. 3- Jun. 20</b>	<b>3:00 pm – 5:30 pm</b>	<b>1</b>	<b>\$10</b>	<b>68935</b>
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<b>Complete Fall Season / \$540</b>					
<b>68934</b>					

\* No class on April 14, 17, May 22

## Junior Beginner Tennis Lessons

### Ages 5 – 8 years

These indoor lessons cover basic ball control, racquet skills, fundamental movement skills and coordination. Tennis Canada certified instructor and all equipment provided.

#### Canada Games Centre – Powerade Flexihall

<b>T</b>	<b>Apr. 4, 11, 25 &amp; May 2, 9</b>	<b>5:15 pm – 6:00 pm</b>	<b>4</b>	<b>\$225</b>	<b>68957</b>
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## Use the Force

### Ages 6 – 10 years

Jedi Academy is looking for new recruits!

Come learn the ways of the force and begin your Padawan training. To prepare you for your Jedi trials we will challenge you with obstacle courses, scavenger hunts, and teach you to master Jedi mind techniques. May the force be with you!

#### Canada Games Centre – Kids Club

<b>Su</b>	<b>Apr. 9, 23, 30</b>	<b>2:00 pm – 4:00 pm</b>	<b>3</b>	<b>\$60</b>	<b>68941</b>
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## Kids' Night Out

### Ages 6 – 10 years

Get pampered with facials and nail art on Spa Night, hunt down clues to crack the case on Mystery Night, or conquer culinary creations on Master Chef Night. Each program includes a light snack and a craft to take home.

#### Canada Games Centre – Family Literacy Centre

<b>Spa Night</b>	<b>Sa May 6</b>	<b>6:00 pm – 9:00 pm</b>	<b>1</b>	<b>\$25</b>	<b>68943</b>
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<b>Mystery Night</b>	<b>Sa May 27</b>	<b>6:00 pm – 9:00 pm</b>	<b>1</b>	<b>\$25</b>	<b>68944</b>
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<b>Master Chef</b>	<b>Sa Jun. 10</b>	<b>6:00 pm – 9:00 pm</b>	<b>1</b>	<b>\$25</b>	<b>68945</b>
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# Heritage Safari

**Ages 6 – 10 years**

Build a mini time machine at the Yukon Arts Centre, try some old-time sports at the Canada Games Centre, create a heritage toy at the MacBride Museum and travel back in time at the Yukon Transportation Museum.

**Yukon Art Centre  
Canada Games Centre  
Yukon Transportation Museum  
MacBride Museum**

Sa	April 8, 15, 22, 29	1:00 pm – 3:00 pm	4	\$80	69087
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MacBride Museum  
of Yukon History



# Fine Art for Kidz

**Ages 6 – 12 years**

Discover your artistic side through an introduction to basic art making with Meshell Melvin. She will cover projects in: drawing, printmaking, painting, collage, sculpture, and mixed media.

**Vanier Catholic Secondary School – Art Room**

Sa	Apr. 22 – Jun. 17	10:00 am – 12:00 pm	8	\$145	68939
Sa	Apr. 22 – Jun. 17	1:00 pm – 3:00 pm	8	\$145	68940

\* No class on May 20

# Let's Talk Science

**Ages 8 – 12 years**



This hands-on / minds-on workshop combines physical literacy skills with fun science-based activities to help kids discover how our skeletal system provides support, protection and movement. Kids also learn how healthy eating and physical activity help us keep our bodies and minds in shape.

**Canada Games Centre – Meeting Room 2**

Sa	Apr. 29	2:00 pm – 4:00 pm	1	\$30	69090
Sa	May 13	2:00 pm – 4:00 pm	1	\$30	69091
Sa	Jun. 3	2:00 pm – 4:00 pm	1	\$30	69092

# Easter Egg Extravaganza

**Ages 8 – 11 years**

Join us at Lumel Studios to create some beautiful Easter Eggs. Working with the hot glass, colours and different designs will make your Easter Eggs look amazing.

**Lumel Studios**

Sa	Apr. 8	12:30 pm – 2:30 pm	1	\$45	68947
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# Hot Glass Cups

**Ages 12 – 16 years**

Come on out to Lumel Studios and make your own funky glass cup. Learn about what glass blowing is all about in this fun, knowledgeable and hands on program.

**Lumel Studios**

Sa	May 27	12:30 pm – 2:30 pm	1	\$45	68946
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It's time to plan for

# CAMP

Check out the camp brochure for details!

# Rivers to Ridges

Designed and led by certified teachers and outdoor educators. Discover your wild nature!

## RtoR Saturday Kids Nature Club

**Ages 7 – 10 years**

Experience wilderness awareness games, survival challenges, nature studies, wildcraft projects and exploratory play.

### April - Paw Prints:

Discover the stories that lie behind each animal's track. Become an amateur tracker as we follow movements of the birds and mammals through the spring woods!

### May - On the Wing:

Get to know the birds of the forest through stalking challenges, field sketching and group games. Develop your ability to understand bird language, and help us create a group guide book!

### June (Wolf Creek) - Burning Brightly:

Practice making safe fires in an imagined survival scenario. Learn several different techniques including: fire construction, friction fires (no matches, lighters or flint), by only using natural materials.

#### Grey Mountain Primary

Sa	Apr. 8, 15 May 13, 20 Jun. 3, 10	1:00 pm – 4:00 pm	6	\$145	69085
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# Home Alone

**Ages 10 years +**

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods.

#### Canada Games Centre – Green Room

Sa	Apr. 15	1:00 pm – 4:00 pm	1	\$40	68950
Sa	May 13	1:00 pm – 4:00 pm	1	\$40	68951
Sa	Jul. 22	1:00 pm – 4:00 pm	1	\$40	68952

# Babysitters' Training Course

**Ages 12 years +**

This course, prepared by the Canadian Safety Council, trains students for their roles and responsibilities as babysitters. Topics include rights and responsibilities, child development, child safety and basic first aid and play activities for children.

#### Canada Games Centre – Pool Party Room

Tu & Th	Apr. 11 – Apr. 27	6:00 pm – 8:00 pm	6	\$80	68936
Tu & Th	May 16 – Jun. 1	6:00 pm – 8:00 pm	6	\$80	68937
Tu & Th	Jul. 11 – 27	6:00 pm – 8:00 pm	6	\$80	68938

# Basketball Development Program

**Ages 13 – 17 years**

These sessions are structured with drills such as shot mechanics and ball handling to promote skill development and introduce participants to the game environment. All experienced levels welcome.

#### Canada Games Centre – Powerade Flexihall

Su	May 7, 14, 21, 28	2:00 pm – 4:00 pm	4	\$95	68956
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# KIDS TRIATHLON

Kids aged 5 – 14 are invited to participate in this exhilarating individual challenge.

Swim, Run and Bike your way through this non competitive event. Experience the thrill of it all while keeping it fun.

All skill levels welcome.

Participants receive a medal, T-shirt and snack.

## Canada Games Centre

<b>Ages 5 + years</b>	<b>Su</b>	<b>Jun. 11</b>	9:30 am – 1:00 pm	1	<b>\$25</b>	<b>68966</b>
<b>Ages 6 – 7 years</b>	<b>Su</b>	<b>Jun. 11</b>	9:30 am – 1:00 pm	1	<b>\$25</b>	<b>68967</b>
<b>Ages 8 – 10 years</b>	<b>Su</b>	<b>Jun. 11</b>	9:30 am – 1:00 pm	1	<b>\$25</b>	<b>68968</b>
<b>Ages 11 – 14 years</b>	<b>Su</b>	<b>Jun. 11</b>	9:30 am – 1:00 pm	1	<b>\$25</b>	<b>68969</b>

*Please ensure you have read the race package with your child. Registration is NOT confirmed until the event waiver has been dated, signed and submitted via online form, email, fax or in person. There are no refunds on registration.*

## Kids Tri Pre-Race Training Day

Gear up and get ready for race day!

Test the waters in the pool for a streamline start to your race. Then run through the trails before heading to the bike racks and learning how to make a smooth transition for the home stretch.

Bring goggles, bike helmet and runners.

### Canada Games Centre – Boardroom

<b>Ages 5 year with parent / guardian**</b>	<b>Su</b>	<b>May 28</b>	3:45 pm – 4:45 pm	1	<b>\$10</b>	<b>68958</b>
<b>Ages 6 – 7 years with parent / guardian</b>	<b>Su</b>	<b>May 28</b>	5:00 pm – 6:00 pm	1	<b>\$10</b>	<b>68959</b>

*\*\* Parent / guardian please plan to be in the pool with your 5 year old.*

### Canada Games Centre – Pool Party Room

<b>Ages 8 to 10 years</b> <i>(parent / guardian participation is recommended)</i>	<b>Su</b>	<b>May 28</b>	4:30 pm – 5:30 pm	1	<b>\$10</b>	<b>68960</b>
<b>Ages 11 to 14 years</b> <i>(parent / guardian participation is optional)</i>	<b>Su</b>	<b>May 28</b>	5:30 pm – 6:30 pm	1	<b>\$10</b>	<b>68961</b>