

Y-Kids Afterschool Programme



Book Now!

the **Y**



Trentham

Mondays Atheletics

Children will develop speed, coordination, and confidence through a range of fun athletics activities. From running and jumping to throwing challenges, children will learn new skills, stay active, and have fun in a supportive environment. Perfect for all abilities and a great way to build fitness while making new friends!



Thursdays Football

Help your child build confidence, learn football skills, and have fun! This exciting module teaches the basics of football through games, activities, and friendly matches in a supportive environment. Perfect for all skill levels, it's a great way to stay active, make friends, and enjoy the game.



Tuesdays Dodgeball

Get ready for action, teamwork, and plenty of fun! Our Dodgeball module helps children develop coordination, teamwork, and confidence through exciting games and activities. Suitable for all abilities, it's a fantastic way to stay active, make new friends, and enjoy this fast-paced sport in a safe and supportive environment.



Fridays Creative Dress Ups

Children can explore our dress-up collection while making their own craft creations and accessories to add to their outfits. They'll have fun designing, creating, and expressing their unique style before showing off their amazing looks in a fun Fashion Show. A fantastic way to encourage creativity, confidence, and imagination!



Wednesdays Y-Kai

Children will make tasty, fun foods while learning basic food preparation skills, trying new ingredients, and building confidence. It's a hands-on, enjoyable experience that encourages creativity, healthy choices, and plenty of delicious fun!



active

Energetic games designed to support fundamental movement, teamwork and being on the move in a supportive environment.



LIFESKILLS

A range of activities which encourage self expression and to explore new mediums and techniques.

CREATE

Preparing our tamariki with diverse skills to navigate their way through their development and their experiences.

For more information contact:
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enrolmy.com/ymca-central/book-now

Age 5 to 13
3:00pm - 6:00pm

Term 4, 2026