

Y-Kids Afterschool Programme



the **Y**

Book Now!



Mt Cook

Mondays Mystery Bag Craft Challenge

You're invited to take part in our Mystery Bag Craft Challenge! We will challenge young innovators and creators to build their own works from a different selection of materials. Each week will explore a different theme, from nature, to video games, or off into outer space!



Thursdays Ways to Wellbeing

Ways to Wellbeing is a module that focuses on 5 key, simple actions that are scientifically proven to lift mental health and wellbeing. We'll explore one action each week, first identifying the action, then practicing one activity that exemplifies the action, and finally discussing ways to weave the action into daily life. At the end of this module, tamariki will have developed some of the tools that will help them feel empowered to navigate some of their bigger emotions.



Tuesdays Chefs Academy

Get ready to roll up your sleeves and put on your aprons! Each week, kids will explore a new recipe- from mini pizzas to malteser slices, and even muffins. Learning essential kitchen skills like measuring, mixing, and safe food handling, you'll hone your culinary skills in Chefs Academy!



Fridays Anything Goes!

Today is all about fun, adventure, and trying something new! Whether we're getting creative with arts and crafts, playing games, engaging in friendly competition, or performing an exciting show, there's always something to look forward to. You'll never know what the next week will bring in Anything Goes!



Wednesdays Lights! Camera! Action!

This module is perfect for those who have a passion for the performing arts! You're invited to unleash your creativity, be it performing your own play, choreographing a dance, or singing your favourite tunes. We'll take out our costumes and break out our speaker. The stage is yours in Lights! Camera! Actions!



active

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



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