

# Sport Sundays

for youth

Try a **different sport** every week at the John W. Lindsay YMCA!



Curling NS



Volleyball NS



Athletics NS



Row NS



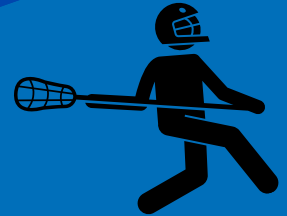
Rugby NS



Gymnastics NS



Water Polo NS



Lacrosse NS



Equestrian NS



Basketball NS



Speed Skating NS



Triathlon NS

Kicks off on Sept 8, 15, 22  
with indoor curling!  
**Ages 9 - 16**

**3:00-5:00pm**

Shine On 

Included in YMCA membership.  
Free to non-members once per month - see schedule for details.

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Provincial Sport Organization	Date(s)	Age Group
Curling NS	September 8, 15, 22	9 - 16
<b>Volleyball NS</b>	<b>September 29</b>	<b>TBD</b>
Athletics NS	October 6	4 - 7
Row NS	October 13	12 - 18
Rugby NS	October 20	5 - 7
<b>Gymnastics NS</b>	<b>October 27</b>	<b>5 - 14</b>
???	November 3	TBD
Lacrosse NS	November 10	5 - 12
Water Polo NS	November 17	8 - 10 who can tread water for 60 sec or 11 - 16
<b>Basketball NS</b>	<b>November 24</b>	<b>TBD</b>
Speed Skating NS	December 1	TBD
Volleyball NS	December 8	TBD
Athletics NS	December 15	8 - 10
Row NS	December 22	12 - 18
<b>Rugby NS</b>	<b>December 29</b>	<b>8 - 12</b>
Gymnastics NS	January 5	5 - 14
Water Polo NS	January 12	8 - 10 who can tread water for 60 sec or 11 - 16
Lacrosse NS	January 19	5 - 12
<b>Equestrian NS</b>	<b>January 26</b>	<b>TBD</b>
Basketball NS	February 2	TBD
Speed Skating NS	February 9	TBD
Volleyball NS	February 16	TBD
<b>Athletics NS</b>	<b>February 23</b>	<b>11 - 13</b>

**3:00-5:00pm**  
in the Gymnasium



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**Free to non-members once per month** - see **bolded dates** in the schedule.

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Provincial Sport Organization	Date(s)	Age Group
Row NS	March 2	12 - 18
Rugby NS	March 9	13 - 17
Gymnastics NS	March 16	5 - 14
Water Polo NS	March 23	8 - 10 who can tread water for 60 sec or 11 - 16
<b>Lacrosse NS</b>	<b>March 30</b>	<b>5 - 12</b>
Equestrian NS	April 6	TBD
Basketball NS	April 13	TBD
Speed Skating NS	April 20	TBD
<b>Volleyball NS</b>	<b>April 27</b>	<b>TBD</b>
Athletics NS	May 4	11 - 13
Row NS	May 11	12 - 18
Rugby NS	May 18	5 - 7
<b>Gymnastics NS</b>	<b>May 25</b>	<b>5 - 14</b>
Water Polo NS	June 1	8 - 10 who can tread water for 60 sec or 11 - 16
Lacrosse NS	June 8	5 - 12
<b>Triathlon NS</b>	June 15, 22, <b>June 29</b>	<b>TBD</b>

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in the Gymnasium



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