

Free Drop in Youth Programs

No Membership Required

YMCA King Street Youth Centre

416 King Street
Bridgewater, NS B4V 1M7
T: 902 530 3392



For program cancellations, please refer to:
<https://ymcalunenburgcounty.org/cancellations/>

Sunday - Focus on Your Future

Need a quiet space to develop your future goals, get help with your homework, create your resume, participate in mock job interviews? Our computers, resource tools, materials, supplies and adult mentors are here to help you.

Ages 11-18 1:00pm - 4:00pm

Monday - Home Cooking

Learn how to cook tasty meals from scratch! All ingredients and supplies are provided - you bring the appetite!

Ages 11-18 6:30pm - 8:30pm

Tuesday - Y Not Try It

Join us for a weekly variation of board games, conversation, music, movies, or art and a chance to meet new friends!

Ages 11-18 6:30pm - 8:30pm

Wednesday - Youth Leader Program

Participate in leadership training, gain self confidence and meet new people (Pre-registration required)

Ages 12-18 6:30pm - 8:30pm

Mon, Tue, Wed, Sat - Chill Zone

Come chill and enjoy all the youth centre has to offer! Pool table, air hockey table, over 40 board games, Xbox, Wii, video games, Netflix and free WiFi.

Ages 11-18 8:30pm - 9:00pm (Mon & Tue)
8:30pm - 9:30pm (Wed)
1:00pm - 5:00pm (Sat)

Lunenburg County YMCA

75 High Street
Bridgewater, NS B4V 1V8
T: 902 543 9622



For program cancellations, please refer to:
<https://ymcalunenburgcounty.org/cancellations/>

Thursday - Basketball

Your chance to be active, have fun and enhance your skills! Enjoy basketball at the NSCC Gymnasium. Quality equipment will be provided.

Ages 11-18 6:00pm - 8:00pm

Thursday - Youth Conditioning

This is your chance to explore the YMCA Fitness Centre, train in preparation for team games or just have fun setting your own personal health and well-being goals.

Ages 11-18 8:00pm - 9:00pm

Friday - Youth Zone

This program is for youth of all ages to enjoy physical activities, challenging games and a safe environment for youth to socialize with peers. All equipment will be provided.

Ages 5-12 6:30pm - 8:00pm
Ages 12-18 8:30pm - 10:00pm



YMCAKingStreetYouthCentre



@ymcaKingStreet

Our Sponsors

All community programs are **FREE** of charge due to the generous support of United Way Lunenburg County, Town of Bridgewater, Department of Justice Lighthouse Grant, Municipality of the District of Lunenburg, and the Nova Scotia Health Authority.

