



YMCA TEEN NIGHTS ARE BACK!

On Teen Night, we open our doors to the youth in
our community for **FREE!**

This is the perfect opportunity for teens to get
active, spend time together, and get involved in their
community programs.

Where: 325 Burnhamthorpe Road West
Mississauga, ON L5B 3R2
905 897-6801 ext#453

When: Every Friday

Time: 7:00-10:00pm

Cost: Free (See sales desk to register)

Ages: 13-18years

Teen Night is totally free — you don't need a YMCA membership to participate. Just bring a piece of photo ID to get your complimentary Teen Night access card.



Shine On



TEEN NIGHT

Mississauga HF

Teen Basketball

7:00-10:00pm
Gymnasium 3&4

Teen Volleyball

7:00-10:00pm
Gymnasium 1&2

Chess Club

7:00-10:00pm
Auditorium

Teen Dance

7:00-10:00pm
Moffat Hill Studio

Girls Fitness

7:00-8:00pm
Dance Studio

Weight Training

7:00-10:00pm
Conditioning Room

Table Tennis

7:00-10:00pm
Bow Area

Rec Swim

8:40-9:30pm
Training Pool

When: Fridays

Time: 7:00-10:00pm

Cost: FREE (See Sales Desk to register).

Where: Mississauga HF - 325 Burnhamthorpe Rd. West

Ages: 13-18 years

donovan.brown@ymcagta.org



Shine On



CHESS

Friday's 7:00-10:00pm

Come learn the fundamentals of Chess as you learn how to play chess and become a Chess Master. Teens love it because it is a fun game they can play with friends, and educators love it because it stimulates young minds to engage in mathematical thinking.

From beginner to advance, all levels welcome.

Mississauga HF

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