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**SCHEDULE: SUMMER 2024 - YOUTH PROGRAMS**

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### MONDAY

Youth Hub Drop-In  
1 - 7 PM

Empringham Youth Hub Drop In  
2 - 6 PM

Tween Basketball League  
5:30 - 7:30 PM  
Jul 8-Aug 26

Youth Basketball Drop-in  
7:30 PM - 9 PM

Quiet Voices  
2 - 3 PM  
July 8-Aug 19

Empringham Master Minds Arts  
3 - 7 PM

### THURSDAY

Youth Hub Drop-In  
1 - 7 PM

Tween Soccer  
4:30 - 6 PM

Badminton drop-in  
6 PM - 7 PM  
Jul 3-Aug 29

Footprints Career Workshop  
2 - 3:30 PM  
Jul 2-Aug 27

42 Rides Drop-in (Neilson Park)  
3 - 6 PM

### TUESDAY

Youth Hub Drop-In  
1 - 7 PM

Empringham Youth Hub Drop In  
2 - 6 PM

Volleyball drop-in  
4:30 - 7 PM

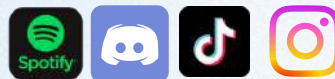
Pushing the Envelope Movie Program  
Tweens: 1:00 PM  
Teens: 4:00 PM  
Jul 2-Aug 27

### FRIDAY

Youth Hub Drop In  
1-7 PM

LEAD Malvern  
6 - 7 PM

Food Fridays  
4 - 6 PM



FIND US ON  
SOCIAL

### WEDNESDAY

Youth Hub Drop In  
1-7 PM

Empringham Youth Hub Drop In  
2 - 6 PM

Sustainable Style Studio- 3-5 PM  
from Jul 3-Aug 21

Girls Run  
4 - 6 PM  
Jul 4-Aug 28

42 Rides Drop-in (Neilson Park)  
5 - 7 PM

Photography program  
1321 Neilson Road  
5:30 - 7 PM

### SATURDAY/ SUNDAY

Empringham Youth Hub Drop In  
11 - 4 PM

Empringham Master Chef  
2 - 4 PM

Empringham Basketball  
12 - 2 PM

Empringham Photography  
2:30 - 4 PM

## ABOUT THE PROGRAMS/EVENTS

### SUSTAINABLE STYLE STUDIO

Join our sustainable fashion youth collective to hone your creativity & explore the mental wellness connection all while making a positive impact on the planet! Earn volunteer hours at the Farmer's Market

**WHO:** Youth 11+

**WHEN:** Wednesday's: 5:00 - 7:00 PM

**WHERE:** 90 Littles Rd.

### MASTERMINDS ARTS

A youth arts program fostering creativity and expression through various mediums, teaching essential techniques and encouraging artistic growth and collaboration.

**WHO:** Youth 10 - 19

**WHEN:** Monday's: 3 - 7 PM

**WHERE:** Empringham Youth Hub: 214 - 110 Empringham

### QUIET VOICES

Discuss the diverse experiences of young women in a supportive space creating empowerment and community

**WHO:** Youth 16-21

**WHEN:** Monday's: 2:00 - 3:00 PM

**WHERE:** 1321 Neilson Rd.

### PUSHING THE ENVELOPE: MOVIE PROGRAM

Watch thought provoking movies and engage in meaningful conversations

**WHO:** Tweens: 10-13 / Teens: 14-29

**WHEN:** Tuesdays: 1PM / 4PM

**WHERE:** 1321 Neilson Rd.

### FOOTPRINTS CAREER WORKSHOP

A weekly career workshop that dives into the uncharted realism of career professionalism. Topics include resume building, entrepreneurship, work-life balance & more!

**WHO:** Youth 11+

**WHEN:** Thursday 2:00 - 3:30 PM

**WHERE:** 1321 Neilson Rd.

### PHOTOGRAPHY

Empowering youth through photography to express creativity, build skills, and capture their unique perspectives on the world.

**WHO:** Youth 11-21

**WHEN/WHERE:** Wednesday's: 5:30 - 7:00 PM @ 1321 Neilson Rd.

+ Saturday's: 2:30 - 4PM @ Empringham

### FOOD FRIDAY'S

A hands-on cooking program teaching youth essential culinary skills, healthy meal preparation, and kitchen safety, fostering creativity and independence while promoting nutritious eating habits.

**WHO:** Youth 11 - 29

**WHEN:** Fridays: 4 - 6 PM

**WHERE:** 1321 Neilson Rd.

### MASTER CHEF

A practical cooking program for youth, focusing on essential culinary techniques, nutritious meal preparation, and kitchen safety. This program encourages creativity and independence while promoting healthy eating habits.

**WHO:** Youth 10 - 29

**WHEN:** Saturdays: 2 - 4 PM

**WHERE:** Empringham Youth Hub: 214 - 110 Empringham

### EMPRINGHAM BASKETBALL

A youth basketball program teaching fundamental skills, teamwork, and sportsmanship, fostering physical fitness and passion for the game.

**WHO:** Youth 10 - 19

**WHEN:** Saturdays: 12 - 2 PM

**WHERE:** Empringham Youth Hub: 214 - 110 Empringham + Outdoor Court

## ABOUT THE PROGRAMS/EVENTS

### HOOPS HEROS SUMMER LEAGUE

Explore the excitement of basketball with our Tween "Hoop Heroes" Summer League! This program is specially designed for youth ages 10-13, helping them develop their skills, learn the importance of teamwork, and foster a lasting appreciation for the game. Join us to unlock your child's potential on the court this summer!

**WHO:** Tweens: 10-13

**WHEN:** Monday: 5:30 PM - 7:30 PM

**WHERE:** 90 LITTLE RD.

### HIGH SCHOOL DROP

Elevate your game with our youth basketball program! Tailored for ages 14 and up, focusing on advanced skills, strategy, and competitive play.

**WHO:** YOUTH: 14-18

**WHEN:** Monday: 7:30 PM - 9 PM

**WHERE:** 90 LITTLE RD.

### VOLLEYBALL DROP-IN

Elevate your game with our volleyball drop-in program! Tailored for young athletes aged 14-25, this program is the perfect place to sharpen your skills, build teamwork, and deepen your passion for volleyball. Come join us and unlock your potential on the court!

**WHO:** Youth 14+

**WHEN:** Tuesday 4:30 - 7 PM

**WHERE:** 90 LITTLES RD.

### GIRLS RUN

Invite your daughter to lace up her running shoes and join our girls-only running program! Tailored for girls aged 10 and up, this program offers a supportive environment where participants learn proper running techniques, explore various terrains, and make new friends. It's a fantastic opportunity for young girls to build confidence, endurance, and a lifelong love for running.

**WHO:** Tweens: 10+

**WHEN:** THURSDAY: 4:00 PM - 5:30 PM

**WHERE:** 90 LITTLE RD.

### D-ROSE FOUNDATION & MFRC PRESENTS FUNDAMENTAL TWEEN SOCCER

Introduce your tween to the exciting world of soccer with our dedicated program, designed specifically for young players aged 10-13. Our program focuses on developing fundamental skills, fostering teamwork, and nurturing a love for the sport in a supportive and fun environment. Join us to watch your child grow both on and off the field!

**WHO:** Tweens: 10-13

**WHEN:** THURSDAY: 4:00 PM - 5:30 PM

**WHERE:** 90 LITTLE RD.

### BADMINTON FOR ALL

Get ready to serve up some fun with our youth badminton program! Designed for kids and young athletes aged 10 and up, this program is perfect for those looking to sharpen their skills, learn the strategies of the game, and enjoy some friendly competition. Whether new to badminton or looking to improve, our program offers a fun and exciting experience for everyone. Come play and grow with us!

**WHO:** Tweens: 10+

**WHEN:** THURSDAY: 6:00 PM - 7:00 PM

**WHERE:** 90 LITTLE RD.

### 42 RIDES DROP-IN

Join our free drop-in skateboarding, BMX, and scooter program, open to enthusiasts of all ages! Whether you're a beginner looking to learn the basics or an experienced rider aiming to perfect your tricks, our program offers a supportive and dynamic environment to hone your skills. Enjoy practicing on diverse terrain, mastering new techniques, and connecting with fellow riders. Don't have your own gear? No problem—we provide equipment, so everyone can get rolling. Come join the fun at our inclusive and thrilling sessions!

**WHO:** Tween 10 +

**WHEN:** WEDNESDAY: 5 PM - 7 PM

**WHEN:** THURSDAY 3 PM - 6 PM

**WHERE:** 1555 Neilson Rd.,



**For General inquiries:**  
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**For counselling services**  
Nadine | 416 284 4184 ext. 235  
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**For youth outreach workers:**  
Morgan | 416 559 5974 morgan@mifrc.org  
Niyasan | 416-779-5975 niyasan@mifrc.org

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