



Child, Youth & Family Programs

Jamie Platz Family YMCA | September 8–December 21

HOURS OF OPERATION

M–F: 5:30am–10pm | Weekends: 7am–9pm

Statutory Holidays (open on rotation). Visit ymcanab.ca/holiday to check your branches’ hours

CHILDREN'S PROGRAMS								
MON	TUE	WED	THR	FRI	SAT		SUN	
Programming starts 3:45PM	Programming starts 4:30PM	Programming starts 11:30AM	Programming starts 4:30PM	No Programming	Programming starts 9AM		Programming starts 9:30AM	
Judo (7-13yrs, multiple classes) 3:45-7:45pm (MPR 2)	Basketball (5-7yrs) 4:30-5:20pm (G)	Judo (7-13yrs, multiple classes) 3:45-7:45pm (MPR 2)	Soccer (5-7yrs) 4:30-5:20pm (G)		Multi-Sport (2-3yrs Parented) 9-9:50am (MPR 2)		Triple Fun (3-5yrs) 9:30-10:30am (MPR 2)	
Soccer (5-7yrs) 4:30-5:20pm (G)	Basketball (9-12yrs) 4:30-5:20pm (G)	Multi-Sport (3-5yrs) 11:30am- 12:20pm (MPR 2)	Basketball (9-12yrs) 4:30-5:20pm (G)		Multi-Sport (3-5yrs) 10-10:50am (MPR 2)		Basketball (5-7yrs) 10-10:50am (G)	Basketball (9-12 yrs) 10-10:50am (G)
Multi-Sport (7-9yrs) 4:30-5:20pm (G)	Hip Hop (4-6yrs) 4:30- 5:20pm (MPR 2)	Volleyball (9-12yrs) 4:30-5:20pm (G)	Basketball (5-7yrs) 5:30-6:20pm (G)		Basketball (7-9yrs) 11-11:50am (G)	Floor Hockey (9-12yrs) 11-11:50am (G)	Musical Theatre (6-10 yrs) 10:40-11:40am (MPR 2)	
Soccer (7-9yrs) 5:30-6:20pm (G)	Hip Hop (7-9yrs) 5:30- 6:20pm (MPR 2)	Science Explorers (9-12yrs) 5:30-6:20pm (FZ)	Soccer (7-9yrs) 5:30-6:20pm (G)		Multi-Sport (3-5yrs) 11-11:50am (MPR 2)		Basketball (7-9yrs) 11-11:50am (G)	Basketball (9-12yrs) 11-11:50am (G)
Multi-Sport (5-7yrs) 5:30-6:20pm (G)	Basketball (7-9yrs) 5:30-6:20pm (G)	Science Explorers (7-9yrs) 6:30-7:20pm (FZ)	Creative Expressions (9-12yrs) 5:30-6:20pm (MPR 2)		Multi-Sport (5-7yrs) 12-12:50pm (MPR 2)		Musical Theatre (10-14yrs) 11:50am-12:50pm (MPR 2)	
Soccer (9-12yrs) 6:30-7:20pm (G)	Basketball (9-12yrs) 5:30-6:20pm (G)	Mini Volley (7-9yrs) 6:30-7:20pm (G)	Basketball (7-9yrs) 6:30-7:20pm (G)		Basketball (5-7yrs) 12-12:50pm (G)	Floor Hockey (7-9yrs) 12-12:50pm (G)	Soccer (7-9yrs) 12-12:50pm (G)	
			Soccer (9-12yrs) 6:30-7:20pm (G)		Basketball (9-12yrs) 1-1:50pm (G)		Soccer (9-12yrs) 12-12:50pm (G)	
			Creative Expressions (5-7yrs) 6:30-7:20pm (MPR 2)		Floor Hockey (5-7yrs) 1-1:50pm (G)			
YOUTH PROGRAMS								
	Leaders in Training (12-17yrs) 6-8pm (FZ)	Volleyball (13-16yrs) 5:30-6:20pm (G)	Basketball (13-16yrs) 7:30-8:20pm (G)	Teen Night (13-18yrs) 6-9:45pm (G)	Teen Drop-in Swim Lessons (13-17yrs) 1:15-2:15pm (MP)			
FAMILY SWIM – MEMBERS ONLY FAMILY SWIM – MEMBERS & PUBLIC								
Member Swim 5:30am-3pm (L) 1-3pm (TP) Family/Public Swim 3-9:45pm (L, TP)	Member Swim 5:30am-3pm (L) 2-3pm (TP) 4:30-7:30pm (L) 8-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-3pm (L) 1-3pm (TP) 4:30-7:30pm (L) 8-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-3pm (L) 1-3pm (TP) 4:30-7:30pm (L) 8-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-3pm (L) 1-3pm (TP) Family/Public Swim 3-9:45pm (L, TP)	Member Swim 7am-1pm (L) 12-1pm (TP) Family/Public Swim 1-8:45pm (TP) 3:30-9:45pm (L)		Member Swim 7am-1pm (L) Family/Public Swim 1-8:45pm (TP, L)	
SESSIONAL SWIM LESSONS (At-a-Glance)								
JLC & Swim Club 5-8pm (MP)	Swim Lessons 4:30-8pm (MP, TP)	Swim Lessons 4:30-8pm (MP, TP)	Swim Lessons 4:30-8pm (MP, TP)	JLC & Swim Club 5-9pm (MP)	Swim Lessons 9am-3:30pm (MP, TP)		Swim Lessons 9am-1pm (MP, TP)	
CHILDMINDING Ages 2mos-12yrs (MPR 1) (Registration opens Friday for the following Monday-Sunday)								
8:45am-12:15pm	8:45am-12:15pm	8:45am-12:15pm	8:45am-12:15pm	8:45am- 12:15pm	8am-12:30pm with Kids’ Club			
4:30-7:15pm	4:30-7:15pm	4:30-7:15pm	4:30-7:15pm	Kids’ Club 5-8pm				
OPEN GYM/RECREATION (Ages 14+)								
MON	TUE	WED	THR	FRI	SAT		SUN	
Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 7-8am (G)		Open Gym 7-8am (G)	
Pickleball Court Bookings 11:30am-12:45pm (G)	Pickleball Open Play 10:15am-12:15pm (G)	Pickleball Open Play 11:15am- 1:15pm (G)	Pickleball Open Play 11:15am-12:45pm (G)	Pickleball Court Bookings 11:30am-12:45pm (G)			Badminton Court Bookings 8:15-9:45am (G)	
Open Gym 1-4:15pm (G)	Floor Hockey 2:15-4:15pm (G)	Open Gym 2:15-4:15pm (G)	Learn to Play Pickleball 1-2:30pm (G)	Open Gym 1-2:45pm (G)			Pickleball Open Play 1-4pm (G)	
Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Floor Hockey 3-5pm (G)	Open Gym 2-8:45pm (G)		Open Gym 4:15-8:45pm (G)	

Legend: (FZ) Family Zone | (G) Gymnasium | (L) Lagoon | (MP) Main Pool | (MPR 1) Multi-Purpose Room 1 | (MPR 2) Multi-Purpose Room 2 |(TP) Teach Pool

Open Gym Drop-in Recreation: Pre-Registration is required for pickleball and badminton. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at ymcanab.ca/register

Scan to book your
Childminding & Kids
Club space: Registration
opens Friday for the
following Monday-Sunday

ymcanab.ca/register

