



# Child, Youth & Family Programs

## William Lutsky 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](https://ymcanab.ca/holiday) to check your branches’ hour

CHILDREN’S PROGRAMS									
MON	TUE	WED	THR	FRI	SAT			SUN	
No programming	Programming starts 10AM & 4PM	Programming starts 4PM	Programming starts 3PM	Programming starts 4PM	Programming starts 9AM			Programming starts 10AM	
	Craft & Splash (3-5yrs) 10am-12pm (FZ, TP)	Basketball (7-9yrs) 4-4:50pm (G)	Soccer (7-9yrs) 3-3:50pm (G)	Soccer (7-9yrs) 4-4:50pm (G)	Multi-Sport Parented (2-3yrs) 9:10-10am (S2)			Science Exp (5-7yrs) 10:10-11am(S1)	
		Floor Hockey (7-9yrs) 5-5:50pm (G)	Basketball (5-7yrs) 3-3:50pm (G)	Basketball (7-9yrs) 5-5:50pm (G)	Multi-Sport (3-5yrs) 10:10-11am (S2)			Basketball (9-12yrs) 11:10am-12pm (G)	Science Exp (7-9yrs) 11:10am-12pm (S1)
	Basketball (7-9yrs)4-4:50pm (G)	Basketball (9-12yrs) 5-5:50pm (G)	Soccer (9-12yrs) 4-4:50pm (G)	Soccer (5-7yrs) 5-5:50pm (G)	Mutli-Sport (3-5yrs) 11:10am-12pm (S2)	Basketball (9-12yrs) 11:10am-12pm (G)	Creative Expressions (7-9yrs) 11:10am-12pm (S1)	Basketball (7-9yrs) 12:10-1pm (G)	Floor Hockey (5-7yrs) 12:10-1pm (G)
	Soccer (5-7yrs) 4-4:50pm (G)	Hip Hop (4-6yrs) 4:30-5:20pm (S1)	Basketball (13-16yrs) 4-4:50pm (G)		Soccer (7-9yrs) 12:10-1pm (G)		Basketball (5-7yrs) 12:10-1pm (G)	Soccer (5-7yrs) 1:10-2pm (G)	Floor Hockey (9-12yrs) 1:10-2pm (G)
	Basketball (5-7yrs) 5-5:50pm (G)	Hip Hop (7-9yrs) 5:30-6:20pm (S1)	Soccer (13-16yrs) 5-5:50pm (G)		Soccer (5-7yrs) 1:10-2pm (G)		Basketball (7-9yrs) 1:10-2pm (G)	Soccer (9-12yrs) 2:10-3pm (G)	Basketball (5-7yrs) 2:10-3pm (G)
	Soccer (7-9yrs) 5-5:50pm (G)		Floor Hockey (9-12yrs) 5-5:50pm (G)		Soccer (9-12yrs) 2:10-3pm (G)			Triple Fun (3-5yrs) 2-3pm (S2)	
			Multi-Sport (3-5yrs) 5-5:50pm (S2)		Basketball (9-12yrs) 3:10-4pm (G)			Musical Theatre (6-10yrs) 3:10-4:10pm (S2)	
			Science Exp (5-7yrs) 6-6:50pm (S1)						
			Science Exp (7-9yrs) 7-7:50pm (S1)						
YOUTH PROGRAMS									
				TEEN NIGHT (13-18yrs) 6:45-9:45pm (G, S2)	LIT (12-17yrs) 1-3pm (S2)				
FAMILY SWIM-MEMBERS ONLY   FAMILY SWIM-MEMBERS & PUBLIC SWIM									
MP Member Swim 5:30-8:50am 10am-12pm 1:15-5:50pm 9-9:45pm  TP Member Swim 5:30am-9:45pm	MP Member Swim 5:30-7:50am 10am-12pm 1:15-4:15pm 8-9:45pm  TP Member Swim 5:30am-11am 11am-4:15pm 8pm-9:45pm	MP Member Swim 5:30-8:50am 10-4:15pm 8:55-9:45pm  TP Member Swim5:30-10am 12-1:30pm 2:30-4:15pm 8-9:45pm	MP Member Swim 5:30-7:50am 10am-12pm 1-4:15pm 8-9:45pm  TP Member Swim 5:30-9:30am 11:30am-1:30pm 3:30-4:15pm 8-9:45pm	MP Member Swim 5:30-8:50am 10-11:30am MP Member/Public Swim 11:30am-9:45pm TP Member Swim 5:30-10am TP Member/Public Swim 11am-9:45pm	MP Member Swim 8-8:50am 12-12:50pm MP Member/Public Swim 3:30pm-8:45pm TP Member Swim 5:30am-8:50am 12pm-12:50pm TP member/Public Swim 3:30pm-8:45pm			MP Member Swim 7-9:50am MP Member/Public Swim 1:30pm-8:45pm TP Member Swim 7-9:50am TP member/Public Swim 1:30pm-8:45pm	
SESSIONAL SWIM LESSONS (At-a-Glance)									
	Swim lessons (4-8pm, MP, TP)	Swim lessons (4-8pm, MP, TP)	Swim lessons (4-8pm, MP, TP)		Swim lessons (9am-3:30pm)			Swim lessons (10am-1:30pm)	
CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)									
9am-12noon	9am-12noon	9am-12noon	9am-12noon	9am-12noon	9am-12noon			No childminding on Sundays	
4:15-8pm	4:15-8pm	4:15-8pm	4:15-8pm	4:15-8pm	4:15-8pm				
OPEN GYM/RECREATION (Ages 14+)									
MON	TUE	WED	THR	FRI	SAT			SUN	
Open Gym 5:30-8:45am	Open Gym 6:45am-7:45am	Open Gym 5:30am-8:00am	Open Gym 5:30am-7:45am	Open Gym 5:30am-8:00am	Open Gym 7:00am-8:50am			Pickleball and Badminton 7:00am-10:00am	
Open Gym 11:00am-11:50am	Open Gym 11-11:50am		Open Gym 2:00pm-2:50pm		Open Gym 11:10am-11:50am			Open Gym 10:00am-11:50am	
Open Gym 2:00 pm-5:50pm	Pickleball 12-2pm	Pickleball 1:00pm-2:30pm	Pickleball 12:00pm-2:00pm	Pickleball 1:00pm-2:30pm	Open Gym 2:00pm-8:45pm			Open Gym 3:00pm-8:45pm	
Open Gym 7:05-9:45pm	Open Gym 2-3:50pm	Open Gym 2:30pm-4:50pm	Open Gym 6:00pm-7:45pm	Open Gym 2:30pm-4:50pm					
Pickleball 12:00pm-2:00pm	Open Gym 7-9:45pm	Open Gym 6:00pm-9:45pm	Floor Hockey 18+ 8:00pm-9:45pm	Open Gym 6-00pm-6:45pm					

Legend: (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S1) Studio 1, (S2) Studio 2, (TP) Teach Pool, (MP) Main Pool, (FZ) Family Zone

**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](https://ymcanab.ca/register)**

**Scan to book your Childminding & Kids Club space:** Registration opens Friday for the following Monday-Sunday  
[ymcanab.ca/register](https://ymcanab.ca/register)

