



# Child, Youth & Family Programs

## Castle Downs Family YMCA | September 8–December 21

### HOURS OF OPERATION

M–F: 6am–10pm | Weekends: 7am–8pm

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

CHILD & YOUTH PROGRAMS											
MON	TUE		WED	THR		FRI	SAT		SUN		
No programs today	Programming starts 4PM		No programs today	Programming starts 1PM		Programming starts 4:30PM	Programming starts 9AM		Programming starts 9AM		
	Multi-Sport (3–5yrs) 4–4:50pm (S1+2)			Preschool Craft and Splash (3-5yrs) 1-3pm (MPR 3, Pool)		Hip Hop (4-6yrs) 4:30-5:20pm (?)	Multi-Sport (3–5yrs) 9–9:50am (S3)		Multi-Sport (3–5yrs) 9:40–10:30am (S3)		
	Basketball (9–12yrs) 5–5:50pm (G)	Soccer (5–7yrs) 5–5:50pm (G)		Soccer (5–7yrs) 4–4:50pm (G)	Multi-Sport (7-9) 4-4:40pm (G)	LIT (12-17yrs) 5-6:50pm	Multi-Sport (5-7yrs) 10-10:50am (G)		Basketball (7–9yrs) 10:40–11:30am (G)		Soccer (9–12yrs) 10:40–11:30am (G)
	Basketball (7–9yrs) 6–6:50pm (G)	Soccer (9–12yrs) 6–6:50pm (G)		Basketball (5–7yrs) 5–5:50pm (G)	Basketball (7-9 yrs) 5–5:50pm (G)		Basketball (5–7yrs) 11–11:50am (G)	Multi-Sport (7–9yrs) 11–11:50am (G)	Basketball (9–12yrs) 11:40am–12:30pm (G)	Creative Expressions (5–7yrs) 11:40am–12:30pm (S1+2)	Soccer (7–9yrs) 11:40am–12:30pm (G)
	Basketball (9–12yrs) 7–7:50pm (G)			Soccer (7–9yrs) 6–6:50pm (G)	Basketball (9–12yrs) 6–6:50pm (G)		Basketball (9–12yrs) 12–12:50pm (G)	Soccer (7–9yrs) 12–12:50pm (G)	Creative Expressions (7–9yrs) 12:40–1:30pm (S1+2)		Volleyball (9–16yrs) 12:40–1:30pm (G)
				Basketball (13–16yrs) 7–7:50pm (G)			Basketball (7-9yrs) 1-1:50pm (G)	Soccer (9-12yrs) 1-1:50pm (G)			
							Volleyball (9-16yrs) 2-2:50pm (G)				
YOUTH DROP-IN PROGRAMS											
						TEEN NIGHT (13–18yrs) 7–10pm (G)  Youth Drop-in Swim Lessons (13–17yrs) 7:10-8:10pm			Youth Drop-in Swim Lessons (13–17yrs) 10:10-11:10am		
FAMILY SWIM–MEMBERS ONLY   FAMILY SWIM–MEMBERS & PUBLIC SWIM											
Members ONLY Swim 6am–1pm (MP/TP) 4–8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8–9:45pm (MP/TP)	Members ONLY Swim 6am–1pm (MP/TP) 4–8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8–9:45pm (MP/TP)		Members ONLY Swim 6am–1pm (MP/TP) 4–8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8–9:45pm (MP/TP)	Members ONLY Swim 6am–1pm (MP/TP) 3–8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8–9:45pm (MP/TP)		Members ONLY Swim 6am–1pm (MP/TP) 3–8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8–9:45pm (MP/TP)	Members ONLY Swim 7am–4pm (MP/TP)  Family/ Public Swim 4-7:45pm (MP/TP)		Members ONLY Swim 7am–12pm (MP/TP)  Family/ Public Swim 12-7:45pm (MP/TP)		
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-12pm, 12:30-3:30pm (MP/TP)		Swim Lessons 9am-12pm (MP/TP)		
CHILDMINDING Ages 2mos–12yrs (Registration opens Friday for the following Monday-Sunday)											
9am–12noon	9am–12noon		9am–12noon	9am–12noon		9am–12noon	9:30am–12:30pm				
5–8pm	5–8pm		5–8pm	5–8pm		5–8pm with Kids Club					
OPEN GYM/RECREATION (Ages 14+)											
MON	TUE	WED	THR	FRI	SAT	SUN					
Open Gym 6-7am (G)	Open Gym 6-9:45am (G)	Open Gym 6-7am (G)	Open Gym 6-7:50am (G)	Open Gym 6-7am (G)	Badminton 7-8:50am (G)	Open Gym 7-10:25am (G)					
Badminton 7:10-9am (G)	Pickleball 10-11:45am (G)	Badminton 7:10-10:45am (G)	Pickleball 8-9am (G)	Badminton 7:10-9am (G)	Open Gym 9-9:45am (G)						
Pickleball 11:45am-2:45pm (G)		Open Gym 11am-12pm (G)	Pickleball 10:30-11:45am (G)	Pickleball 10:30-1:30pm (G)							
	Pickleball 1:15-3pm (G)	Pickleball 12:15-3:15pm (G)		Open Gym 1:45-6:30pm (G)		Pickleball 1:45-3:45pm (G)					
Open Gym 3-5:45pm (G)	Open Gym 3:15-4:45pm (G)	Open Gym 3:30-5:45pm (G)	Open Gym 1:15-3:45pm (G)								
Open Gym 8:30-9:50pm (G)	Adult Volleyball 8-9:45pm (G)	Open Gym 8:30-9:50pm (G)	Open Gym 8-9:50pm (G)		Open Gym 3-7:50pm (G)	Open Gym 4-7:50pm (G)					



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

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

**Legend:** (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S) Studio, (TP) Teach Pool, (MP) Main 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](https://ymcanab.ca/register)**

