



Child, Youth & Family Programs

Don Wheaton Family YMCA | September 8–December 21

HOURS OF OPERATION

M–F: 5:30am–9pm | 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
No programming today	No programming today	Programming starts 5PM	Programming starts 9AM	No programming today	Programming starts 9AM	Programming starts 9AM
		Multi Sport (5–7yrs) 5pm-5:50pm (G)	Preschool Craft & Splash (3–5yrs) 9am-11am (CR) & (TP)		Multi-Sport (2–3yrs PARENTED) 9–9:50am (S1)	Hip Hop (4–6) 9–9:50am (S1)
		Basketball (5–9yrs) 5–5:50pm (G)			Multi Sport (3–5yrs) 10–10:50am (G)	Hip Hop (7–9yrs) 10–10:50am (G)
		Basketball (9–12yrs) 6–6:50pm (G)			Soccer (7–9yrs) 10–10:50am (G)	Hip Hop (10–12yrs) 11–11:50am (G)
		Basketball (13–16yrs) 6–6:50pm (G)			Basketball (5–7yrs) 11–11:50am (G)	
					Multi Sport (7–9yrs) 11–11:50am (G)	
					Volleyball (9–12yrs) 12–12:50am (G)	
					Volleyball (13–16yrs) 12–12:50am (G)	
YOUTH PROGRAMS						
FAMILY SWIM–MEMBERS ONLY FAMILY SWIM–MEMBERS & PUBLIC SWIM						
Family Swim Members ONLY 1pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-3pm (TP)	Family Swim Members ONLY 1pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-10am (TP) 11am-3pm (TP)	Family Swim Members ONLY 1pm-3:30pm (TP) 7:30pm-8:45pm (TP)	Family Swim Members ONLY 7am-8:30am (TP)	Family Swim Members ONLY 7am-9am (TP)
	Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 1pm-8:45pm (MP/TP)	Family/Public Swim 1pm-8:45pm (MP/TP)
SESSIONAL SWIM LESSONS (At-a-Glance)						
Swim Lessons 4:30pm–8pm		Swim Lessons 4:30pm–8pm	Craft & Splash 9am-11am			Junior Lifeguard Club 1:30pm-3:30pm
	Keyano Swim Club 6pm-8pm		Keyano Swim Club 6pm-8pm			
*CHILDMINDING Ages 2mos–12yrs (Registration opens Friday for the following Monday-Sunday) Childminding space opens up on Sep 22 nd , registration opens on Sep 19 th .						
4:30pm-8pm (CR)	4:30pm-8pm (CR)	4:30pm-8pm (CR)			9am–1pm (CR)	9am–1pm (CR)
OPEN GYM/RECREATION (Ages 14+)						
MON	TUE	WED	THR	FRI	SAT	SUN
Open Gym 5:30-8:30am (G) 10am-12:45pm (G) 3:15pm-5pm (G)	Open Gym 5:30-8:30am (G) 10am-4:45pm (G)	Open Gym 5:30-8:30am (G) 10am-4:30pm (G) 7:30pm-8:45pm (G)	Open Gym 5:30-8:30am (G) 10am-11:45am (G) 3:15pm-5pm (G) 6:30pm-8:45pm (G)	Open Gym 5:30-8:30am (G) 10am-10:45am (G) 12pm-2pm (G)	Pickleball 7:00am-9:30am (G)	Open Gym 8am-9am (G) 11:30am-8:45pm (G)
Badminton/ Pickleball 1pm-3pm (G)	Floor Hockey 6:00-8:45pm (G)	Pickleball Open Play 11:15am-1:15pm (G)	Badminton/ Pickleball 12pm-3pm (G))	Volleyball 2pm-4pm (G)	Open Gym 1:30pm-8:45pm (G)	Pickleball 9am-11am (G)
Basketball 6:30pm-8:45pm (G)				Basketball 6pm-8:45pm		

Legend: (FC) Fitness Centre, (G) Gymnasium, (S1) Studio 1, (S2) Studio 2, (CR) Community Room
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

