



# Child, Youth & Family Programs

## Don Wheaton Family YMCA | January 5<sup>th</sup> –March 21

**HOURS OF OPERATION**

M–F: **5:30am–9pm** | Weekends: **7am–9pm**

Statutory Holidays (open on rotation). Visit [ymcanab.ca/holiday](https://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 <b>5PM</b>	No programming today	No programming today	Programming starts <b>10AM</b>	No programming today
		<b>Multi Sport (2–3yrs Parented)</b> 5pm-5:50pm (S1)			<b>Multi Sport (3–5yrs)</b> 10–10:50am (G)	
		<b>Multi Sport (5–7yrs)</b> 6pm-6:50pm (G)			<b>Soccer (5–7yrs)</b> 10–10:50am (G)	
		<b>Basketball (7–9yrs)</b> 5–5:50pm (G)			<b>Basketball (5–7yrs)</b> 11–11:50am (G)	
		<b>Soccer (7–9yrs)</b> 6–6:50pm (G)			<b>Basketball (9–12yrs)</b> 11–11:50am (G)	
					<b>Multi Sport (7–9yrs)</b> 12–12:50pm (G)	
					<b>Basketball (13–16yrs)</b> 12–12:50pm (G)	
					<b>Volleyball (9–12yrs)</b> 1–1:50pm (G)	
					<b>Volleyball (13–16yrs)</b> 1–1:50pm (G)	
					<b>Preschool Craft &amp; Splash (3–5yrs)</b> 1pm-3pm	
FAMILY SWIM–MEMBERS ONLY   FAMILY SWIM–MEMBERS & PUBLIC SWIM						
<b>Family Swim Members ONLY</b> 1pm-4:30pm (TP) 8pm-8:45pm (TP)	<b>Family Swim Members ONLY</b> 5:30am-3pm (TP)	<b>Family Swim Members ONLY</b> 1pm-4:30pm (TP) 8pm-8:45pm (TP)	<b>Family Swim Members ONLY</b> 5:30am-10am (TP) 11am-3pm (TP)	<b>Family Swim Members ONLY</b> 1pm-3:30pm (TP) 7:30pm-8:45pm (TP)	<b>Family Swim Members ONLY</b> 7am-8:30am (TP)	<b>Family Swim Members ONLY</b> 7am-9am (TP)
	<b>Family/Public Swim</b> 3pm-8:45pm (MP/TP)		<b>Family/Public Swim</b> 3pm-8:45pm (MP/TP)		<b>Family/Public Swim</b> 1pm-8:45pm (MP/TP)	<b>Family/Public Swim</b> 1pm-8:45pm (MP/TP)
SESSIONAL SWIM LESSONS (At-a-Glance)						
<b>Swim Lessons</b> 4:30pm–7:45pm		<b>Swim Lessons</b> 4:30pm–7:45pm			<b>Swim Lessons</b> 09:00am-12:05	<b>Junior Lifeguard Club</b> 1:30pm-3:30pm
	<b>Swim Club</b> 6pm-8pm		<b>Swim Club</b> 6pm-8pm		<b>Craft &amp; Splash</b> 2pm-4pm	
CHILDMINDING Ages 2mos–12yrs (Registration opens Friday for the following Monday-Sunday)						
4:30pm-8pm Community Room	4:30pm-8pm Community Room	4:30pm-8pm Community Room	4:30pm-8pm Community Room		9am–1pm Community Room	9am–1pm Community Room
OPEN GYM/RECREATION (Ages 14+)						
MON	TUE	WED	THR	FRI	SAT	SUN
<b>Open Gym</b> 5:30-8:30am (G) 10am-12:45pm (G) 3:15pm-5pm (G)	<b>Open Gym</b> 5:30-8:30am (G) 10am-4:45pm (G)	<b>Open Gym</b> 5:30-8:30am (G) 10am-4:30pm (G) 7:30pm-8:45pm (G)	<b>Open Gym</b> 5:30-8:30am (G) 10am-11:45am (G) 3:15pm-5pm (G) 6:30pm-8:45pm (G)	<b>Open Gym</b> 5:30-8:30am (G) 10am-10:45am (G) 12pm-2pm (G)	<b>Open Gym</b> 1:30pm-8:45pm (G)	<b>Open Gym</b> 8am-9am (G) 11:30am-8:45pm (G)
<b>Badminton/ Pickleball</b> 1pm-3pm (G)	<b>Floor Hockey</b> 6:00-8:45pm (G)	<b>Pickleball Open Play</b> 11:15am-1:15pm (G)	<b>Badminton/ Pickleball</b> 12pm-3pm (G))	<b>Volleyball</b> 2pm-4pm (G)	<b>Pickleball</b> 7:00am-9:30am (G)	<b>Pickleball</b> 9am-11am (G)
<b>Basketball</b> 6:30pm-8:45pm (G)				<b>Basketball</b> 6pm-8:45pm		

**Legend:** (FC) Fitness Centre, (G) Gymnasium, (S1) Studio 1, (S2) Studio 2, (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)

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

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

