



Child, Youth & Family Programs

Castle Downs Family YMCA | January 5<sup>th</sup> - March 29<sup>th</sup>

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 9:40AM		
	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 (S2)	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)	Hip Hop (7-9yrs) 5:30-6:20pm (S2)	Multi-Sport (5-7yrs) 10-10:50am (G)	Basketball (7-9yrs) 10-10:50am (G)	Soccer (9-12yrs) 10:40-11:30am (G)	Soccer (5-7yrs) 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)	LIT (12-17yrs) 5-6:50pm (MPR 2)	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) 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 (9-12yrs) 12:40-1:30pm (G)
				Basketball (13-16yrs) 7-7:50pm (G)	Soccer (9-12yrs) 7-7:50pm (G)		Mini-Volley (7-9yrs) 1-1:50pm (G)	Soccer (9-12yrs) 1-1:50pm (G)	Volleyball (9-16yrs) 1:40-2:30pm (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	GIRLS NIGHT 3-4:30pm (G/S1)		Youth Drop-in Swim Lessons (13-17yrs) 10:10-11:10am		
FAMILY SWIM-MEMBERS ONLY   FAMILY SWIM-MEMBERS & PUBLIC SWIM											
Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)		Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Members ONLY Swim 6am-2pm (MP/TP) 3-8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)		Members ONLY Swim 6am-2pm (MP/TP) 3-8pm (MP/TP)  Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Family/ Public Swim 4-7:45pm (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	Basketball 6-8am	Open Gym 6-7am	Open Gym 6-7:50am	Open Gym 6-7am	Badminton 7-8:50am		Open Gym 7-10:25am				
Badminton 7:10-9am	Open Gym 8-945am	Badminton 7:10-10:45am	Pickleball 8-9am	Badminton 7:10-9am	Open Gym 9-9:45am						
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am-12pm	Pickleball 10:30-11:45am	Pickleball 10:30-1:30pm							
Open Gym 3-4pm	Pickleball 1:15-3pm	Pickleball 12:15-3:15pm		Open Gym 1:45-6:30pm			Pickleball 1:45-3:45pm				
	Open Gym 3:15-5:45pm	Open Gym 3:30-4pm	Open Gym 1:15-3:50pm								
Basketball 4-5:45pm		Basketball 4-5:45pm		Basketball 5-6:45pm							
Open Gym 8:30-9:50pm	Adult Volleyball 8-9:45pm	Open Gym 8:30-9:50pm	Open Gym 8:30-9:50pm		Open Gym 4:30-7:50pm		Open Gym 4-7:50pm				



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**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)

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

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

