



Child, Youth & Family Programs

Don Wheaton Family YMCA | January 5–March 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	No programming today	No programming today	Programming starts 10AM	No programming today
		Multi Sport (2–3yrs Parented) 5pm-5:50pm (S1)			Multi Sport (3–5yrs) 10-10:50am (G)	
		Multi Sport (5–7yrs) 6pm-6:50pm (G)			Soccer (5–7yrs) 10-10:50am (G)	
		Basketball (7-9yrs) 5–5:50pm (G)			Basketball (5–7yrs) 11–11:50am (G)	
		Soccer (7-9yrs) 6–6:50pm (G)			Basketball (9–12yrs) 11–11:50am (G)	
					Multi Sport (7–9yrs) 12–12:50pm (G)	
					Basketball (13–16yrs) 12–12:50pm (G)	
					Volleyball (9–12yrs) 1–1:50pm (G)	
					Volleyball (13–16yrs) 1–1:50pm (G)	
					Preschool Craft & Splash (3–5yrs) 1pm-3pm	
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–7:45pm		Swim Lessons 4:30pm–7:45pm			Swim Lessons 09:00am-12:05	Junior Lifeguard Club 1:30pm-3:30pm
	Swim Club 6pm-8pm		Swim Club 6pm-8pm		Craft & Splash 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
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)	Open Gym 1:30pm-8:45pm (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)	Pickleball 7:00am-9:30am (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, (TP)

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

ymcanab.ca/register



Teach Pool, (MP) Main Pool

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***Club space:** Registration
opens Friday for the
following Monday-Sunday*

