



# 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](http://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
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### 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)

Scan to book your  
Childminding & Kids

**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](http://ymcanab.ca/register)

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



Shine On

Teach Pool, (MP) Main Pool

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



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