



Child, Youth & Family Programs

Jamie Platz Family YMCA | January 5 – March 29

HOURS OF OPERATION

M-F: 5:30am-10pm | Weekends: 7am-9pm

Statutory Holidays (open on rotation): Family Day February 16 Open 8am-4pm.

Visit ymcanab.ca/holiday to check your branches' hours

CHILDREN'S PROGRAMS

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|----------------|---|---|
| Programming starts 3:45PM | Programming starts 11:30AM | Programming starts 3:45PM | Programming starts 1PM | No Programming | Programming starts 9AM | Programming starts 9:30AM |
| Judo (7-13yrs, multiple classes) 3:45-7:45pm (MPR 2) | Multi-Sport (3-5yrs) 11:30am-12:20pm (MPR 2) | Judo (7-13yrs, multiple classes) 3:45-7:45pm (MPR 2) | Preschool Craft & Splash (3-5yrs) 1-3pm (MPR 2/TP) | | Multi-Sport (2-3yrs Parented) 9-9:50am (MPR 2) | Triple Fun (3-5yrs) 9:30-10:30am (MPR 2) |
| Soccer (5-7yrs) 4:30-5:20pm (G) | Basketball (5-7yrs) 4:30-5:20pm (G) | Volleyball (9-12yrs) 4:30-5:20pm (G) | Basketball (9-12yrs) 4:30-5:20pm (G) | | Multi-Sport (3-5yrs) 10-10:50am (MPR 2) | Basketball (5-7yrs) 10-10:50am (G) |
| Multi-Sport (7-9yrs) 4:30-5:20pm (G) | Basketball (9-12yrs) 4:30-5:20pm (G) | Science Explorers (4-6yrs) 4:30-5:20pm (FZ) | Soccer (5-7yrs) 4:30-5:20pm (G) | | Basketball (7-9yrs) 11-11:50am (G) | Basketball (9-12 yrs) 10-10:50am (G) |
| Soccer (7-9yrs) 5:30-6:20pm (G) | Hip Hop (4-6yrs) 4:30-5:20pm (MPR 2) | Science Explorers (9-12yrs) 5:30-6:20pm (FZ) | Creative Expressions (7-9yrs) 4:30-5:20pm (MPR 2) | | Floor Hockey (9-12yrs) 11-11:50am (G) | Musical Theatre (6-10 yrs) 10:40-11:40am (MPR 2) |
| Multi-Sport (5-7yrs) 5:30-6:20pm (G) | Hip Hop (7-9yrs) 5:30-6:20pm (MPR 2) | Science Explorers (7-9yrs) 6:30-7:20pm (FZ) | Basketball (5-7yrs) 5:30-6:20pm (G) | | Multi-Sport (3-5yrs) 11-11:50am (MPR 2) | Basketball (7-9yrs) 11-11:50am (G) |
| Soccer (9-12yrs) 6:30-7:20pm (G) | Basketball (7-9yrs) 5:30-6:20pm (G) | Mini Volley (7-9yrs) 6:30-7:20pm (G) | Soccer (7-9yrs) 5:30-6:20pm (G) | | Multi-Sport (5-7yrs) 12-12:50pm (MPR 2) | Basketball (9-12yrs) 11-11:50am (G) |
| | Basketball (9-12yrs) 5:30-6:20pm (G) | | Creative Expressions (9-12yrs) 5:30-6:20pm (MPR 2) | | Basketball (5-7yrs) 12-12:50pm (G) | Musical Theatre (10-14yrs) 11:50am-12:50pm (MPR 2) |
| | Hip Hop (10-12yrs) 6:30-7:20pm (MPR 2) | | Basketball (7-9yrs) 6:30-7:20pm (G) | | Floor Hockey (7-9yrs) 12-12:50pm (G) | Soccer (7-9yrs) 12-12:50pm (G) |
| | | | Soccer (9-12yrs) 6:30-7:20pm (G) | | Basketball (9-12yrs) 1-1:50pm (G) | Soccer (9-12yrs) 12-12:50pm (G) |
| | | | Creative Expressions (5-7yrs) 6:30-7:20pm (MPR 2) | | Floor Hockey (5-7yrs) 1-1:50pm (G) | |

YOUTH PROGRAMS

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|--------------------------------------|--|--|--|---------------------------------------|--|--|
| Soccer (13-16yrs) 6:30-7:20pm (G) | Leaders in Training (12-17yrs) 6-8pm (FZ) | Volleyball (13-16yrs) 5:30-6:20pm (G) | Basketball (13-16yrs) 7:30-8:20pm (G) | Teen Night (13-18yrs) 6-9:45pm (G) | Teen Drop-in Swim Lessons (13-17yrs) 1:15-2:15pm (MP) | |
| | Youth Basketball Development (13-16yrs) 6:30-8:20pm (G) | | | | Girls Night (12-18yrs) 6:30-8:30pm (G) | |

FAMILY SWIM – MEMBERS ONLY | FAMILY SWIM – MEMBERS & PUBLIC

| | | | | | | |
|--|--|---|--|--|---|-------------------------------------|
| Member Swim 5:30am-3pm (L) 1-3pm (TP) | Member Swim 5:30am-3pm (L) 2-3pm (TP) 4:30-7pm (L) 8-9:45pm (L, TP) | Member Swim 5:30am-3pm (L) 1-3pm (TP) 4:30-7pm (L) 8:30-9:45pm (L, TP) | Member Swim 5:30am-3pm (L) 1-2pm (TP) 4:30-7pm (L) 8-9:45pm (L, TP) | Member Swim 5:30am-3pm (L) 1-3pm (TP) | Member Swim 7am-1pm (L) 12-1pm (TP) | Member Swim 7am-1pm (L) |
| Family/Public Swim 3-9:45pm (L, TP) | Family/Public Swim 3-4:30pm (L, TP) | Family/Public Swim 3-4:30pm (L, TP) | Family/Public Swim 3-4:30pm (L, TP) | Family/Public Swim 3-9:45pm (L, TP) | Family/Public Swim 1-8:45pm (TP) 3:30-8:45pm (L) | Family/Public Swim 1-8:45pm (TP, L) |

SESSIONAL SWIM LESSONS (At-a-Glance)

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|----------------------------|--------------------------------|---|--------------------------------|----------------------------|----------------------------------|-------------------------------|
| JLC & Swim Club 5-8pm (MP) | Swim Lessons 4:30-8pm (MP, TP) | Swim Lessons & JSI 4:30-8:30pm (MP, TP) | Swim Lessons 4:30-8pm (MP, TP) | JLC & Swim Club 5-9pm (MP) | Swim Lessons 9am-3:30pm (MP, TP) | Swim Lessons 9am-1pm (MP, TP) |
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CHILDMINDING Ages 2mos-12yrs (MPR 1) (Registration opens Friday for the following Monday-Sunday)

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|----------------|----------------|----------------|----------------|------------------|-------------------------|--|
| 8:45am-12:15pm | 8:45am-12:15pm | 8:45am-12:15pm | 8:45am-12:15pm | 8:45am-12:15pm | 8am-2pm with Kids' Club | |
| 4:30-7:15pm | 4:30-7:15pm | 4:30-7:15pm | 2:15-7:15pm | Kids' Club 5-8pm | | |

OPEN GYM/RECREATION (Ages 14+)

| MON | TUE | WED | THR | FRI | SAT | SUN |
|---|--|---|--|---|-----------------------|--|
| Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G) | Open Gym 5:30-8:45am (G) | Open Gym 7-8am (G) | Open Gym 7-8am (G) |
| Pickleball Court Bookings 11:30am-12:45pm (G) | Pickleball Open Play 10:15am-12:45pm (G) | Pickleball Open Play 11:15am-1:15pm (G) | Pickleball Open Play 11:15am-12:45pm (G) | Pickleball Court Bookings 11:30am-12:45pm (G) | | Badminton Court Bookings 8:15-9:45am (G) |
| Open Gym 1-4:15pm (G) | Floor Hockey 2:15-4:15pm (G) | Open Gym 2:15-4:15pm (G) | Learn to Play Pickleball 1-2:30pm (G) | Open Gym 1-2:45pm (G) | | Pickleball Open Play 1-4pm (G) |
| Open Gym 7:30-9:45pm (G) | Open Gym 8:30-9:45pm (G) | Open Gym 7:30-9:45pm (G) | Open Gym 8:30-9:45pm (G) | Floor Hockey 3-5pm (G) | Open Gym 2-6:15pm (G) | Open Gym 4:15-8:45pm (G) |