



Child, Youth & Family Programs

William Lutsky Family YMCA | January 5–March 29

CHILDREN'S PROGRAMS

MON	TUE	WED	THR	FRI	SAT				SUN		
No programming	Programming starts 4PM	Programming starts 5PM	Programming starts 3PM	Programming starts 4PM	Programming starts 9AM				Programming starts 10AM		
		Basketball (5-7yrs) 5-5:50pm (G)	Soccer (7-9yrs) 3-3:50pm (G)	Basketball (7-9yrs) 4-4:50pm (G)	Multi-Sport Parented (2-3yrs) 9:10-10am(S1)				Science Exp (5-7yrs) 10:10-11am(S1)		
		Floor Hockey (7-9yrs) 5-5:50pm (G)	Basketball (9-12yrs) 3-3:50pm (G)	Soccer (9-12yrs) 4-4:50pm (G)	Multi-Sport (3-5yrs) 10:10-11am (S2)		Creative Exp (5-7yrs) 10:10-11am (S1)		Soccer (7-9yrs) 11:10am-12pm (G)	Basketball (9-12yrs) 11:10am-12pm (G)	Science Exp (7-9yrs) 11:10am-12pm (S1)
	Basketball (5-7yrs) 4-4:50pm (G)	Basketball (7-9yrs) 6-6:50pm (G)	Basketball (7-9yrs) 4-4:50pm (G)	Basketball (9-12yrs) 5-5:50pm (G)	Multi-Sport (3-5yrs) 11:10am-12pm (S2)	Floor Hockey (5-7yrs) 11:10am-12pm (G)	Basketball (9-12yrs) 11:10am-12pm (G)	Creative Exp (7-9yrs) 11:10am-12pm (S1)	Floor Hockey (5-7yrs) 12:10-1pm(G)	Basketball (7-9yrs) 12:10-1pm(G)	Science Exp (9-12yrs) 12:10-1pm(S1)
	Soccer (7-9yrs) 4-4:50pm (G)	Soccer (9-12yrs) 6-6:50pm (G)	Basketball (5-7yrs) 4-4:50pm (G)	Soccer (7-9yrs) 5-5:50pm (G)	Basketball (5-7yrs) 12:10-1pm (G)	Creative Exp (9-12yrs) 12:10-1pm (S1)		Floor Hockey (9-12yrs) 1:10-2pm(G)		Soccer (5-7yrs) 1:10-2pm(G)	
	Basketball (7-9yrs) 5-5:50pm (G)	Basketball (9-12yrs) 7-7:50pm (G)	Soccer (5-7yrs) 5-5:50pm (G)			Soccer (5-7yrs) 1:10-2pm (G)	Basketball (7-9yrs) 1:10-2pm (G)		Basketball (5-7yrs) 2:10-3pm (G)		Soccer (9-12yrs) 2:10-3pm (G)
	Soccer (5-7yrs) 5-5:50pm (G)	Hip Hop (4-6yrs) 4:30-5:20pm (S1)	Floor Hockey (9-12yrs) 5-5:50pm (G)			Floor Hockey (7-9yrs) 2:10-3pm (G)	Basketball (9-12yrs) 2:10-3pm (G)		Triple Fun (3-5yrs) 2-3pm (S2)		
		Hip Hop (7-9yrs) 5:30-6:20pm (S1)	Multi-Sport Parented (2-3yrs) 5-5:50pm (S2)			Soccer (9-12yrs) 3:10-4pm (G)			Musical Theatre (6-10yrs) 3:10-4:10pm (S2)		
			Multi-Sport (3-5yrs) 6-6:50pm (S2)								
			Science Exp (5-7yrs) 6-6:50pm (S1)								
			Science Exp (7-9yrs) 7-7:50pm (S1)								

YOUTH PROGRAMS

				Teen Night (13-18yrs) 6:45-9:45pm (G, S2)		Soccer (13-16yrs) 12:10-1pm (G)	
						LIT (12-17yrs) 1-3pm (S2)	
						Basketball (13-16yrs) 3:10-4pm (G)	
						Girls Night (13-18yrs) 4:30-6pm (G, S1)	

FAMILY SWIM—MEMBERS ONLY | FAMILY SWIM—MEMBERS & PUBLIC SWIM

Member Swim 5:30-8:45am, 10am-12pm, 1-3:30pm, 8-9:45pm	Member Swim 5:30-7:45am, 10am-12pm, 1-3:30pm	Member Swim 5:30-7:45am, 10am-12pm, 1-3:30pm	Member Swim 5:30-7:45am, 10am-12pm, 1-3:30pm, 8-9:45pm	Member Only Swim 5:30-8:45am Member & Public Swim 11am-9:45pm		Member & Public Swim 4-8:45pm		Member Only Swim 7-9:45am Member & Public Swim 1:30-8:45pm
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SESSIONAL SWIM LESSONS (At-a-Glance)

Swim lessons (4-8pm, MP, TP)		Swim lessons (9am – 3:30pm)		Swim lessons (9am – 1:30pm)			
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CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)

9am-12noon	9am-12noon	9am-12noon	9am-12noon	9am-12noon	9am-12noon		No childminding on Sundays
4:15-8pm	4:15-8pm	4:15-8pm	4:15-8pm				

OPEN GYM/RECREATION (Ages 14+)

MON	TUE	WED	THR	FRI	SAT		SUN
Open Gym 5:30-8:45am (G)	Open Gym 6:55-7:50am (G)	Open Gym 5:30-8am (G)	Open Gym 5:30-7:50am (G)	Open Gym 5:30-8am (G)	Open Gym 7-8:50am (G)		Badminton Court Bookings 7-9:45am (G)
Pickleball Drop In 12-2pm (G)	Pickleball Drop In 12-2pm (G)	Pickleball Drop In 11:30-2:30pm (G)	Pickleball Drop In 12-2pm (G)	Pickleball Drop In 11:30-2:30pm (G)	Open Gym 4:10-8:45pm (G)		Open Gym 10-11am (G)
Open Gym 2-5:45pm (G)	Floor Hockey 2-3:50pm (G)	Open Gym 2:30-4:50pm (G)	Open Gym 6-7:50pm (G)	Open Gym 2:30-3:50pm (G)			Open Gym 3-8:45pm (G)
Open Gym 7-9:45pm (G)	Open Gym 7-9:45pm (G)	Open Gym 7-9:45pm (G)	Floor Hockey Drop In 8-9:45pm (G)	Open Gym 6-6:45pm (G)			

HOURS OF OPERATION

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

Statutory Holidays (open on rotation). Visit ymcanab.ca/holiday to check your branches' hours

Legend: (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S1) Studio 1, (S2) Studio 2, (TP) Teach Pool, (MP) Main Pool, (FZ) Family Zone

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

ymcanab.ca/register

