



# 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 (7-9yrs) 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, 1-3:30pm	Member Swim 5:30-7:45am, 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, 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		
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 (4-8pm, MP, TP)		Swim lessons (9am - 3:30pm)				Swim lessons (9am - 1:30pm)		
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](https://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](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)

