



Child, Youth & Family Programs

Castle Downs Family YMCA | Intersession March 30-April 5

Hours of Operation:

M-F:6am- 10pm | Weekends: 7am-8pm

Statutory Holidays (open on rotation): Good Friday (April 3rd) 8am-4pm

CHILD & YOUTH PROGRAMS						
MON	TUE	WED	THR	FRI	SAT	SUN
No programs						
YOUTH DROP-IN PROGRAMS						
				CLOSED AT 4PM	Girl's Night (12-17yrs) 3-4:30pm (G)	
FAMILY SWIM-MEMBERS ONLY FAMILY SWIM-MEMBERS & PUBLIC SWIM						
Members ONLY Swim 6am-12pm (MP/TP) Member / Public Swim 12pm-9:45pm (MP/TP)	Members ONLY Swim 6am-12pm (MP/TP) Member / Public Swim 12-9:45pm (MP/TP)	Members ONLY Swim 6am-12pm (MP/TP) Member / Public Swim 12-9:45pm (MP/TP)	Members ONLY Swim 6am-12pm (MP/TP) Member / Public Swim 12-9:45pm (MP/TP)	Members ONLY Swim 8am-12pm (MP/TP) Member / Public Swim 12-3:45pm (MP/TP)	Members ONLY Swim 7am-12pm (MP/TP) Member / Public Swim 12pm-7:45pm (MP/TP)	Members ONLY Swim 7am-12pm (MP/TP) Member / Public Swim 12pm-7:45pm (MP/TP)
SESSIONAL SWIM LESSONS (At-a-Glance)						
No swim lessons						
CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)						
9am-12pm	9am-12pm	9am-12pm	9am-12pm		9:30am-12:30pm	
5-8pm	5-8pm	5-8pm	5-8pm			
OPEN GYM/RECREATION - GYM (Ages 14+)						
MON	TUE	WED	THR	FRI	SAT	SUN
Open Gym 6-7am	Basketball 6-8am	Open Gym 6-7am	Open Gym 6-7:50pm	Open gym 8am-3:45pm	Badminton 7-8:50am	Open Gym 7-1:30pm
Badminton 7:10-9am	Open Gym 8-9:45pm	Badminton 7:10-10:45am	Pickleball 8-9am		Open Gym 9am-2:45pm	Pickleball 1:45-3:45pm
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am-12pm	Pickleball 10:30-11:45am		Open Gym (Half) 3-4:30pm	Open Gym 4-7:50pm
Open Gym 3-4pm	Pickleball 1:15-3pm	Pickleball 12:15-3:15pm	Open Gym 1:15-2pm		Open Gym 4:30-7:50pm	
Basketball 4-7pm	Open Gym 3:15-7:45pm	Open Gym 3:30-4pm	Basketball 2-6pm			
Open Gym 8:30-9:50pm	Adult Volleyball 8-9:45pm	Basketball 4-5:45pm	Open Gym 6-9:50pm			
		Open gym 8:30-9:50pm				

Legend: (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S) Studio, (TP) Teach Pool, (MP) Main Pool

Link to online schedule: ymcanab.ca/schedules#cd

Scan to book your
**Childminding & Kids
Club space:** Registration
opens Friday for the
following Monday-Sunday

ymcanab.ca/register

