



# Child, Youth & Family Programs

## Castle Downs Family YMCA | April 6<sup>th</sup> - June 14<sup>th</sup>, 2026

### CHILD & YOUTH PROGRAMS

MON	TUE	WED	THR	FRI	SAT	SUN				
No programs today	Programming starts <b>4PM</b>	No programs today	Programming starts <b>1PM</b>	Programming starts <b>4:30PM</b>	Programming starts <b>9AM</b>	Programming starts <b>9:40AM</b>				
	<b>Multi-Sport (3-5yrs)</b> 9:10am-10:00am (S3)		<b>Preschool Craft and Splash (3-5yrs)</b> 1-3pm (MPR 3, Pool)	<b>Hip Hop (4-6yrs)</b> 4:30-5:20pm (S2)	<b>Multi-Sport (3-5yrs)</b> 9-9:50am (S3)	<b>Multi-Sport (3-5yrs)</b> 9:40-10:30am (S3)				
	<b>Basketball (7-9yrs)</b> 5-5:50pm (G)	<b>Soccer (5-7yrs)</b> 5-5:50pm (G)	<b>Soccer (5-7yrs)</b> 4-4:50pm (G)	<b>Multi-Sport (7-9)</b> 4-4:40pm (G)	<b>Hip Hop (7-9yrs)</b> 5:30-6:20pm (S2)	<b>Multi-Sport (5-7yrs)</b> 10-10:50am (G)	<b>Basketball (7-9yrs)</b> 10-10:50am (G)	<b>Soccer (9-12yrs)</b> 10:40-11:30am (G)	<b>Soccer (5-7yrs)</b> 10:40-11:30am (G)	
	<b>Multi-sport (5-7yrs)</b> 6-6:50pm (G)	<b>Soccer (9-12yrs)</b> 6-6:50pm (G)	<b>Basketball (5-7yrs)</b> 5-5:50pm (G)	<b>Basketball (7-9yrs)</b> 5-5:50pm (G)	<b>LIT (12-17yrs)</b> 5-6:50pm (MPR 2)	<b>Basketball (5-7yrs)</b> 11-11:50am (G)	<b>Multi-Sport (7-9yrs)</b> 11-11:50am (G)	<b>Floor Hockey (9-12yrs)</b> 11:40am-12:30pm (G)	<b>Creative Expressions (5-7yrs)</b> 11:40am-12:30pm (S1+2)	<b>Soccer (7-9yrs)</b> 11:40am-12:30pm (G)
	<b>Basketball (9-12yrs)</b> 7-7:50pm (G)	<b>Floor Hockey (7-9yrs)</b> 7-7:50pm (G)	<b>Soccer (7-9yrs)</b> 6-6:50pm (G)	<b>Basketball (9-12yrs)</b> 6-6:50pm (G)		<b>Basketball (9-12yrs)</b> 12-12:50pm (G)	<b>Soccer (7-9yrs)</b> 12-12:50pm (G)	<b>Floor Hockey (7-9yrs)</b> 12:40pm-1:30pm (G)	<b>Creative Expression (7-9yrs)</b> 12:40-1:30pm (S1+2)	<b>Volleyball (9-12yrs)</b> 12:40-1:30pm (G)
			<b>Basketball (13-16yrs)</b> 7-7:50pm (G)	<b>Soccer (9-12yrs)</b> 7-7:50pm (G)		<b>Soccer (5-7yrs)</b> 1-1:50pm (G)	<b>Soccer (9-12yrs)</b> 1-1:50pm (G)	<b>Triple Fun (3-5yrs)</b> 1-2pm (S3)	<b>Volleyball (13-16yrs)</b> 1:40-2:30pm (G)	<b>Volleyball (9-12yrs)</b> 1:40-2:30pm (G)
						<b>Volleyball (13-16yrs)</b> 2-2:50pm (G)	<b>Volleyball (9-12yrs)</b> 2-2:50pm (G)	<b>Musical Theatre (6-10yrs)</b> 2:10-3:10pm (S3)		

### YOUTH DROP-IN PROGRAMS

			<b>TEEN NIGHT (13-18yrs)</b> 7-10pm (G)  <b>Youth Drop-in Swim Lessons (13-17yrs)</b> 7:10-8:10pm	<b>GIRLS NIGHT</b> 3-4:30pm (G)	<b>Youth Drop-in Swim Lessons (13-17yrs)</b> 10:10-11:10am
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### FAMILY SWIM-MEMBERS ONLY | FAMILY SWIM-MEMBERS & PUBLIC SWIM

<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 3-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 3-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Family/Public Swim</b> 4-7:45pm (MP/TP)	<b>Family/Public Swim</b> 12-7:45pm (MP/TP)
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### SESSIONAL SWIM LESSONS (At-a-Glance)

		<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 9am-12pm, 12:30-3:30pm (MP/TP)	<b>Swim Lessons</b> 9am-12pm (MP/TP)
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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	9:30am-12:30pm	
5-8pm	5-8pm	5-8pm	5-8pm	5-8pm with Kids Club		

### OPEN GYM/RECREATION (Ages 14+)

MON	TUE	WED	THR	FRI	SAT	SUN
<b>Open Gym</b> 6-7am	<b>Basketball</b> 6-8am	<b>Open Gym</b> 6-7am	<b>Open Gym</b> 6-7:50am	<b>Open Gym</b> 6-7am	<b>Badminton/Pickleball</b> 7-8:50am	<b>Basketball</b> 7-8:50am
<b>Badminton</b> 7:10-9am	<b>Open Gym</b> 8-9:45am	<b>Badminton</b> 7:10-10:45am	<b>Pickleball</b> 8-9am	<b>Badminton</b> 7:10-9am	<b>Basketball</b> 9-9:45am	<b>Badminton/Pickleball</b> 9am-1:30pm
<b>Pickleball</b> 11:45am-2:45pm	<b>Pickleball</b> 10-11:45am	<b>Open Gym</b> 11am-12pm	<b>Pickleball</b> 10:30-11:45am	<b>Pickleball</b> 10:30-1:30pm		
<b>Open Gym</b> 3-4pm	<b>Pickleball</b> 1:15-3pm	<b>Pickleball</b> 12:15-3:15pm		<b>Open Gym</b> 1:45-5:00pm		<b>Pickleball</b> 2:45-4:45pm
	<b>Open Gym</b> 3:15-5:45pm	<b>Open Gym</b> 3:30-4pm	<b>Open Gym</b> 1:15-2pm			
<b>Basketball</b> 4-5:45pm		<b>Basketball</b> 4-5:45pm	<b>Basketball</b> 2-3:45pm	<b>Basketball</b> 5-6:45pm		
<b>Open Gym</b> 8:30-9:50pm	<b>Adult Volleyball</b> 8-9:45pm	<b>Open Gym</b> 8:30-9:50pm	<b>Open Gym</b> 8:00-9:50pm		<b>Open Gym</b> 4:45-7:50pm	<b>Open Gym</b> 5-7:50pm



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**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

**Open Gym Drop-in Recreation:** 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)

