



**CHILDREN'S PROGRAMS**

MON	TUE	WED	THR	FRI	SAT	SUN
No programming today	No programming today	No programming today	No programming today	No programming today	No programming today	No programming today
		Inter sessions break no classes		Branch closed Good Friday	Inter sessions break no classes	

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

<b>Family Swim Members ONLY</b> 1pm-4:30pm (TP) 8pm-8:45pm (TP)	<b>Family Swim Members ONLY</b> 5:30am-3pm (TP)	<b>Family Swim Members ONLY</b> 1pm-4:30pm (TP) 8pm-8:45pm (TP)	<b>Family Swim Members ONLY</b> 5:30am-10am (TP) 11am-3pm (TP)	Branch closed Good Friday	<b>Family Swim Members ONLY</b> 7am-8:30am (TP)	<b>Family Swim Members ONLY</b> 7am-9am (TP)
	<b>Family/Public Swim</b> 3pm-8:45pm (MP/TP)		<b>Family/Public Swim</b> 3pm-8:45pm (MP/TP)		<b>Family/Public Swim</b> 1pm-8:45pm (MP/TP)	<b>Family/Public Swim</b> 1pm-8:45pm (MP/TP)

**SESSIONAL SWIM LESSONS (At-a-Glance)**


**CHILDMINDING Ages 2mos–12yrs**

4:00pm-7:00pm (CR)	4:00pm-7:00pm (CR)	4:00pm-7:00pm (CR)	4:00pm-7:00pm (CR)		9am-1pm (CR)	9am-1pm (CR)
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**OPEN GYM/RECREATION (Ages 14+)**

MON	TUE	WED	THR	FRI	SAT	SUN
<b>Open Gym</b> 5:30-8:30am (G)	<b>Open Gym</b> 5:30-8:30am (G)	<b>Open Gym</b> 5:30-8:30am (G)	<b>Open Gym</b> 5:30-8:30am (G)	Branch closed Good Friday	<b>Open Gym</b> 7am-10am (G)	<b>Open Gym</b> 7am-8:45am (G)
<b>Open Gym</b> 10am-12:45pm (G)	<b>Open Gym</b> 10am-11:50am (G)	<b>Open Gym</b> 10am-8:45pm (G)	<b>Open Gym</b> 10am-11:45am (G)		<b>Pickleball</b> 10am-12:30pm (G)	<b>Pickleball</b> 9am-11am (G)
<b>Badminton</b> 1pm-3pm (G)	<b>Open Gym</b> 1:15pm-5:45pm (G)		<b>Badminton</b> 12pm-3pm (G)		<b>Open Gym</b> 12:45pm-8:45pm (G)	<b>Open Gym</b> 1:30pm-3:30pm (G)
<b>Open Gym</b> 3:15pm-5pm (G)			<b>Open Gym</b> 3:15pm-5pm (G)			
<b>Basketball</b> 6:45pm-8:45pm (G)			<b>Floor Hockey</b> 6:00-8:45pm (G)			

**Branch Hours:** M-F: 5:30am-9pm | Weekends: 7am-9pm  
Statutory Holidays (open on rotation). Visit [ymcanab.ca/holiday](http://ymcanab.ca/holiday) to check your branches' hours

**Legend:** (FC) Fitness Centre, (G) Gymnasium, (S1) Studio 1, (S2) Studio 2, (CR) Community Room  
**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](http://ymcanab.ca/register)

Scan to book your **Childminding & Kids Club space:** Registration opens Friday for the following Monday-Sunday  
[ymcanab.ca/register](http://ymcanab.ca/register)

