



Child, Youth & Family Programs

Don Wheaton Family YMCA | April 6th – June 14th, 2026

CHILDREN'S PROGRAMS

MON	TUE	WED	THR	FRI	SAT	SUN
No programming today	No programming today	Programming starts 5PM	No programming today	No programming today	Programming starts 1PM	No programming today
		Multi Sport (2-3yrs) 5pm-5:50pm (G)			Multi Sport (3-5 yrs) 1pm-1:50pm (S1)	
		Basketball (9-12yrs) 5-5:50pm (G)			Soccer (5-7 yrs) 1pm-1:50pm(G)	
		Multi Sport (5-7yrs) 6-6:50pm (G)			Basketball (5-7 yrs) 2-2:50pm(G)	
		Soccer (7-9 yrs) 6-6:50pm (G)			Soccer (7-9 yrs) 2-2:50pm(G)	
					Floor Hockey (9-12 yrs) 3-3:50pm(G)	
					Multi Sport (7-9 yrs) 3-3:50pm(G)	
					Volleyball (9-12 yrs) 4-4:50pm(G)	
					Volleyball (13-16 yrs) 4-4:50pm(G)	

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

Family Swim Members ONLY 1pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-3pm (TP)	Family Swim Members ONLY 1pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-10am (TP) 11am-3pm (TP)	Family Swim Members ONLY 1pm-3:30pm (TP) 7:30pm-8:45pm (TP)	Family Swim Members ONLY 7am-8:30am (TP)	Family Swim Members ONLY 7am-9am (TP)
	Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 1pm-8:45pm (MP/TP)	Family/Public Swim 1pm-8:45pm (MP/TP)

SESSIONAL SWIM LESSONS (At-a-Glance)

YMCA Swimming Lessons 4:30pm-8pm		YMCA Swimming Lessons 4:30pm-8pm			YMCA Swimming Lessons 9:00am-1pm	
	Keyano Swim Club 6pm-8pm		Keyano Swim Club 6pm-8pm		Preschool Craft & Splash (3-5 yrs) 1:00pm-3:00pm (CR) & (TP)	

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
Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 7:00am-10:00am (G)	Open Gym 7am-8:45am (G)
Open Gym 10am-12:45pm (G)	Open Gym 10am-4:45pm (G)	Open Gym 10am-4:30pm (G)	Open Gym 10am-11:45am (G)	Open Gym 10am-10:45am (G)	Pickleball 10am-12:30pm (G)	Pickleball 9am-11am (G)
Badminton 1pm-3pm (G)		Child & Youth programs 4:30pm-7:15pm	Badminton 12pm-3pm (G)	Volleyball 2pm-4pm (G)	Child & Youth programs 12:45-5:15pm	Badminton 11:15am-1:15pm (G)
Open Gym 3:15pm-5pm (G)				Open Gym 4:30pm-6:00pm (G)		Basketball 1:30pm-3:30pm (G)
Basketball 6:30pm-8:45pm (G)	Floor Hockey 6:00-8:45pm (G)	Open Gym 7:30pm-8:45pm (G)	Open Gym 3:15pm-8:45pm (G)	Basketball 6pm-8:45pm (G)	Open Gym 5:30pm-8:45pm (G)	Open Gym 3:45pm-8:45pm (G)

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

Statutory Holidays (open on rotation). Visit 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

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

