



Shine On

Child, Youth & Family Programs

William Lutsky Family YMCA | April 6-June 14

CHILDREN'S PROGRAMS											
MON	TUE	WED	THR	FRI	SAT		SUN				
No programming	Programming starts 4PM	Programming starts 5PM	Programming starts 1PM	Programming starts 4PM	Programming starts 9AM		Programming starts 10AM				
	Basketball (7-9yrs) 4-4:50pm (G)	Basketball(5-7yrs) 5-5:50pm (G)	Craft & Splash (3-5yrs) 1-3pm (CM, TP)	Basketball(9-12yrs) 4-4:50pm (G)							
	Soccer (5-7yrs) 4-4:50pm (G)	Floor Hockey (7-9yrs) 5-5:50pm (G)	Soccer (7-9yrs) 3-3:50pm (G)	Soccer (7-9yrs) 4-4:50pm (G)	Multi-Sport (3-5yrs) 9:10-10am (S2)		Science Exp (5-7yrs) 10:10-11am(S1)				
	Basketball (5-7yrs) 5-5:50pm (G)	Multi-Sport (5-7yrs) 6-6:50pm (G)	Multi-Sport (5-7yrs) 3-3:50pm (G)	Basketball (7-9yrs) 5-5:50pm (G)	Multi-Sport Parented (2-3yrs) 10:10-11am(S1)	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)		
	Soccer (7-9yrs) 5-5:50pm (G)	Soccer (9-12yrs) 6-6:50pm (G)	Basketball (9-12yrs) 4-4:50pm (G)	Soccer (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)
		Basketball (9-12yrs) 7-7:50pm (G)	Basketball (5-7yrs) 4-4:50pm (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)			
		Hip Hop (4-6yrs) 4:30-5:20pm (S1)	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)			
		Hip Hop (7-9yrs) 5:30-6:20pm (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)				
			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)		Basketball (13-16yrs) 12:10-1pm (G)				
						LIT (12-17yrs) 1-3pm (S2)				
						Soccer (13-16yrs) 3:10-4pm (G)				
						Girls Night (12-18yrs) 4:30-6pm (G, S1)				

FAMILY SWIM-MEMBERS ONLY FAMILY SWIM-MEMBERS & PUBLIC SWIM										
Member Swim 6-8:45am, 10am-12pm, 1:15-4pm	Member Swim 6-7:45am, 10am-12pm, 1-4pm, 8-9:45pm	Member Swim 6-8:45am, 10am-4pm	Member Swim 6-7:45am, 10am-12pm, 1:15-4pm, 8-9:45pm	Member Only Swim 6-8:45am Member & Public Swim 11am-9:45pm		Member & Public Swim 3:30-8:45pm			Member Only Swim 7-9:45am Member & Public Swim 1:30-8:45pm	

SESSIONAL SWIM LESSONS (At-a-Glance)										
Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, 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 5:30-8:50am	Open Gym 7-7:50am	Open Gym 5:30-8am	Open Gym 5:30-7:50am	Open Gym 5:30-8am	Badminton 7:05-8:30am (G)		Pickleball 7:05-9am (G)		
	Open Gym 11-11:50am	Pickleball 11:30am-1pm (G)	Pickleball 12-2pm	Pickleball 11:30am-1pm (G)	Half Gym 4:10-6:10pm		Open Gym 9-11am		
Pickleball 12-2pm (G)	Pickleball 12-2pm (G)	Pickleball 1-2:30pm (G)	Open Gym 2:10-2:50pm	Pickleball 1-2:30pm (G)	Open Gym 6:10-8:45pm (G)		Open Gym 3:10-8:45pm		
Open Gym 2:10-5:55pm	Open Gym 2:10-3:50pm	Open Gym 2:40-4:50pm	Open Gym 6-7:45pm	Open Gym 2:40-3:50pm					
Open Gym 7:05-9:45pm	Open Gym 7:05-9:45pm	Open Gym 7:10-9:45pm	Floor Hockey 8-9:45pm (G)	Open Gym 6-6:45pm					

HOURS OF OPERATION
M-F: 5:30am-10pm | Weekends: 7am-9pm
Statutory Holidays (open on rotation). Visit 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

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

