



# Child, Youth & Family Programs

William Lutsky Family YMCA | March 30–April 5

CHILDREN'S PROGRAMS						
MON	TUE	WED	THR	FRI	SAT	SUN
Programming starts 8:30AM	Programming starts 8:30AM	Programming starts 8:30AM	Programming starts 8:30AM	Good Friday	No Programming	No Programming
Spring Break Camp (6-9yrs) 8:30am-4pm	Spring Break Camp (6-9yrs) 8:30am-4pm	Spring Break Camp (6-9yrs) 8:30am-4pm	Spring Break Camp (6-9yrs) 8:30am-4pm			
Spring Break Camp (9-12yrs) 8:30am-4pm	Spring Break Camp (9-12yrs) 8:30am-4pm	Spring Break Camp (9-12yrs) 8:30am-4pm	Spring Break Camp (9-12yrs) 8:30am-4pm			
	Basketball (5-7yrs) 4-4:50pm (G)	Basketball (5-7yrs) 5-5:50pm (G)				
	Basketball (7-9yrs) 5-5:50pm (G)	Floor Hockey (7-9yrs) 5-5:50pm (G)				
	Soccer (5-7yrs) 5-5:50pm (G)	Basketball (7-9yrs) 6-6:50pm (G)				
		Soccer (9-12yrs) 6-6:50pm (G)				
		Basketball (9-12yrs) 7-7:50pm (G)				
		Hip Hop (4-6yrs) 4:30-5:20pm (S1)				
		Hip Hop (7-9yrs) 5:30-6:20pm (S1)				
YOUTH PROGRAMS						
					Girls Night (13-18yrs) 4:30-6pm (G, S1)	
FAMILY SWIM—MEMBERS ONLY   FAMILY SWIM—MEMBERS & PUBLIC SWIM						
Member Swim 5:30-8:45am Public Swim 10am-12pm	Member Swim 5:30-7:45am Public Swim 10am-12pm, 8-9:45pm	Member Swim 5:30-8:45am Public Swim 10am-3pm	Member Swim 5:30-7:45am Public Swim 10am-12pm, 8-9:45pm	Member & Public Swim 10am-9:45pm	Member & Public Swim 9am-8:45pm	Member & Public Swim 10am-8:45pm
SESSIONAL SWIM LESSONS (At-a-Glance)						
Swim lessons (4-8pm, MP, TP)	Swim lessons (4-8pm, MP, TP)	Swim lessons (4-8pm, MP, TP)	Swim lessons (4-8pm, MP, TP)			
CHILDMINDING Ages 2mos–12yrs (Registration opens Friday for the following Monday-Sunday)						
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 8am-4pm	Open Gym 7-8:45am	Open Gym 7am-8:45pm
Open Gym 11:10am-5:50pm	Open Gym 11am-3:50pm	Open Gym 11:10am-4:50pm	Open Gym 2:10-7:45pm		Open Gym 11:10am-8:45pm	
Open Gym 7:05-9:45pm	Open Gym 7:05-9:45pm	Open Gym 7:10-9:45pm	Floor Hockey Drop In 8-9:45pm			

### HOURS OF OPERATION

M–F: 5:30am–10pm | 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, (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](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)