



# Child, Youth & Family Programs

Don Wheaton Family YMCA | April 6<sup>th</sup> – June 14<sup>th</sup>, 2026

## CHILDREN'S PROGRAMS

MON	TUE	WED	THR	FRI	SAT	SUN
No programming today	No programming today	Programming starts <b>5PM</b>	No programming today	No programming today	Programming starts <b>1PM</b>	No programming today
		Multi Sport (2-3yrs) 5pm-5:50pm (G)			Multi Sport (3-5 yrs) 1pm-1:50pm (S1)	
		Multi Sport (5-7yrs) 6-6:50pm (G)			Soccer (5-7 yrs) 1pm-1:50pm(G)	
		Soccer (7-9 yrs) 6-6:50pm (G)			Basketball (7-9 yrs) 2-2:50pm(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)	

## 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			

## 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](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)

