



# Child, Youth & Family Programs

Castle Downs Family YMCA | June 29 – August 23, 2026  
Hours of Operation: M-F 6AM-10PM, Weekends 7AM-8PM

## CHILD & YOUTH PROGRAMS

MON	TUE	WED	THR	FRI	SAT	SUN
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**Summer Camp is in session: No registered programs.  
Sign up for camps at [ymcanab.ca/camps](http://ymcanab.ca/camps)**

## YOUTH DROP-IN PROGRAMS

				<b>TEEN NIGHT (13-18yrs)</b> 7-10pm (G)  <b>Youth Drop-in Swim Lessons (13-17yrs)</b> 7:10-8:10pm		<b>Youth Drop-in Swim Lessons (13-17yrs)</b> 10:10-11:10am
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## FAMILY SWIM-MEMBERS ONLY | FAMILY SWIM-MEMBERS & PUBLIC SWIM

<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 4-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 3-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-2pm (MP/TP) 3-8pm (MP/TP)  <b>Family/Public Swim</b> 2-4pm (MP/TP) 8-9:45pm (MP/TP)	<b>Family/Public Swim</b> 4-7:45pm (MP/TP)	<b>Family/Public Swim</b> 12-7:45pm (MP/TP)
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## SESSIONAL SWIM LESSONS (At-a-Glance)

		<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 4-8pm (MP/TP)	<b>Swim Lessons</b> 9am-12pm, 12:30-3:30pm (MP/TP)	<b>Swim Lessons</b> 9am-12pm (MP/TP)
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## CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)

9am-12pm	9am-12pm	9am-12pm	9am-12pm	9am-12pm	9:30am-12:30pm	
5-8pm	5-8pm	5-8pm	5-8pm	5-8pm with Kids Club		

## OPEN GYM/RECREATION (Ages 14+)

MON	TUE	WED	THR	FRI	SAT	SUN
<b>Open Gym</b> 6am-7:15am	<b>Open Gym</b> 6am-7:15am	<b>Open Gym</b> 6am-7:15am	<b>Open Gym</b> 6am-7:15am	<b>Open Gym</b> 6am-7:15am	<b>Badminton/Pickleball</b> 7am-8:50am	<b>Basketball</b> 7am-8:50am
<b>Pickleball</b> 11:45am-1:45pm	<b>Pickleball</b> 9am-11:45am	<b>Badminton</b> 9am-11am	<b>Pickleball</b> 10:30am-11:45am	<b>Badminton</b> 9am-11:00am	<b>Basketball</b> 9am-10:30am	<b>Badminton/Pickleball</b> 9am-10:30am
<b>Open Gym</b> 5:15pm-5:45pm	<b>Open Gym</b> 1:15am-2pm	<b>Pickleball</b> 11am-1:00pm	<b>Open Gym</b> 1:15pm-2:00pm	<b>Pickleball</b> 11am-1:00pm	<b>Open Gym</b> 10:45am-7:50pm	<b>Open Gym</b> 10:45am-2:30pm
<b>Open Gym</b> 8:30pm-9:50pm	<b>Open Gym</b> 5:15pm-7:45pm	<b>Open Gym</b> 1:15pm-2:00pm	<b>Open Gym</b> 5:15pm-9:50pm	<b>Open Gym</b> 5:15pm-6:45pm		<b>Pickleball</b> 2:45pm-4:45pm
	<b>Adult Volleyball</b> 8pm-9:50pm	<b>Open Gym</b> 5:15pm-5:45pm				<b>Open Gym</b> 5pm-7:50pm
		<b>Open Gym</b> 8:30-9:50pm				

**Legend:** (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S) Studio, (TP) Teach Pool, (MP) Main Pool

**Open Gym Drop-in Recreation:** 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)

