



# Child, Youth & Family Programs

## Castle Downs Family YMCA | Intersession June 15 – June 28th

Hours of Operation:

M-F:6am- 10pm | Weekends: 7am-8pm

CHILD & YOUTH PROGRAMS						
MON	TUE	WED	THR	FRI	SAT	SUN
No programs						
YOUTH DROP-IN PROGRAMS						
				Teen night (13-18yrs) 7-10:00pm (G)		
FAMILY SWIM-MEMBERS ONLY   FAMILY SWIM-MEMBERS & PUBLIC SWIM						
<b>Members ONLY Swim</b> 6am-12pm (MP/TP)  <b>Member / Public Swim</b> 12pm-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-12pm (MP/TP)  <b>Member / Public Swim</b> 12-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-12pm (MP/TP)  <b>Member / Public Swim</b> 12-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 6am-12pm (MP/TP)  <b>Member / Public Swim</b> 12-9:45pm (MP/TP)	<b>Members ONLY Swim</b> 8am-12pm (MP/TP)  <b>Member / Public Swim</b> 12-3:45pm (MP/TP)	<b>Members ONLY Swim</b> 7am-12pm (MP/TP)  <b>Member / Public Swim</b> 12pm-7:45pm (MP/TP)	<b>Members ONLY Swim</b> 7am-12pm (MP/TP)  <b>Member / Public Swim</b> 12pm-7:45pm (MP/TP)
SESSIONAL SWIM LESSONS (At-a-Glance)						
No swim lessons						
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 + Kid's Club		
OPEN GYM/RECREATION - GYM (Ages 14+)						
MON	TUE	WED	THR	FRI	SAT	SUN
Open Gym 6-7am	Basketball 6-8am	Open Gym 6-7am	Open Gym 6-7:50pm	Open gym 6am-7am	Badminton 7-8:50am	Basketball 7-8:50am
Badminton 7:10-9am	Open Gym 8-9:45pm	Badminton 7:10-10:45am	Pickleball 8-9am	Badminton 7:10-9am	Basketball 9am-9:45am	Badminton/Pickleball 9-10:30am
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am-12pm	Pickleball 10:30-11:45am	Pickleball 10:30am-1:30pm	Open Gym 10am-7:50pm	Open Gym 10:45am-2:30pm
Open Gym 3-4pm	Pickleball 1:15-3pm	Pickleball 12:15-3:15pm	Open Gym 1:15-2pm	Open Gym 1:45-5pm		Pickleball 2:45pm-4:45pm
Basketball 4-5:45pm	Open Gym 3:15-7:45pm	Open Gym 3:30-4pm	Basketball 2-4:45pm	Basketball 5-6:45pm		Open Gym 5-7:50pm
Open Gym 8:30-9:50pm	Adult Volleyball 8-9:45pm	Basketball 4-5:45pm	Open Gym 5-9:50pm			
		Open gym 8:30-9:50pm				





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**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

Link to online schedule: [ymcanab.ca/schedules#cd](http://ymcanab.ca/schedules#cd)

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