



CHILDREN'S PROGRAMS

MON	TUE	WED	THR	FRI	SAT	SUN
No programming today	No programming today	No programming today	No programming today	No programming today	No programming today	No programming today

No Classes

FAMILY SWIM—MEMBERS ONLY | FAMILY SWIM—MEMBERS & PUBLIC SWIM

Pool closed

SESSIONAL SWIM LESSONS (At-a-Glance)

Pool closed

CHILDMINDING Ages 2mos–12yrs

4:30pm-7:30pm (CR)	4:30pm-7:30pm (CR)	4:30pm-7:30pm (CR)	4:30pm-7:30pm (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 5:30am-12:45pm (G)	Open Gym 5:30-11:45am (G)	Open Gym 5:30am-5:15pm (G)	Open Gym 5:30-11:45am (G)	Open Gym 5:30-10:45am (G)	Open Gym 7:00-8:45am (G)	Open Gym 7:00-8:45am (G)
Badminton 1:00-3:00pm (G)	Open Gym 1:15pm-5:45pm (G)		Badminton 12:00-3:00pm (G)	Open Gym 12:00pm-5:45pm (G)	Pickleball 9:00am-12:30pm (G)	Pickleball 9:00-11:00am (G)
Open Gym 3:15pm-5:00pm (G)		Open Gym 3:15-5:00pm (G)	Open Gym 12:45-8:45pm (G)		Basketball 1:30-3:30pm (G)	
Basketball 6:45pm-8:45pm (G)	Floor Hockey 6:00-8:45pm (G)	Pickleball 5:30pm-8:45pm (G)	Pickleball 6:45-8:45pm (G)	Basketball 6pm-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 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

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

