



Child, Youth & Family Programs

Don Wheaton Family YMCA | June 29th –Aug 23th, 2026

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	Programming starts 8:30AM	Programming starts 2PM	No programming today
Day Camps	Day Camps	Day Camps	Day Camps	Day Camps	Crafts & Splash (3-5yrs) 2:00-4:00pm (CR/TP)	

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

Family Swim Members ONLY 3:00pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 3:00pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 3:00pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 3:00pm-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 12pm-3:30pm (TP) 8:00pm-8:45pm (TP)	Family Swim Members ONLY 7am-12:00pm (TP)	Family Swim Members ONLY 7am-9am (TP)
					Family/Public Swim 12pm-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 4:30pm-8pm	YMCA Swimming Lessons 4:30pm-8pm	True Blue Swimming Lessons 3:30pm-8:00pm	Preschool Craft & Splash (3-5 yrs) 2:00pm-4:00pm (CR) & (TP)	True Blue Swimming Lessons 9:00am-1:00pm
					Private Booking 5:00pm-6:00pm (CR) & (TP)	

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)
--------------------	--------------------	--------------------	--------------------	--	--------------	--------------

OPEN GYM/RECREATION (Ages 14+)

MON	TUE	WED	THR	FRI	SAT	SUN
Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 5:30-7:15am (G)	Open Gym 7:00-8:45am (G)	Open Gym 7:00-8:45am (G)
Day Camps 7:30am-5:00pm (G)	Day Camps 7:30-11:45am (G)	Day Camps 7:30am-5:00pm (G)	Day Camps 7:30am-5:00pm (G)	Day Camps 7:30-9:30am (G)	Pickleball 9:00am-12:30pm (G)	Pickleball 9:00-11:00am (G)
	Open Gym 9:45-10:45am (G)					
	Day Camps 12:00-5:00pm (G)			Open Gym 12:45-8:45pm (G)	Badminton 11:15am-1:15pm (G)	
Basketball 6:45-8:45pm (G)	Floor Hockey 6:00-8:45pm (G)	Open Gym 5:15-8:45pm (G)	Pickleball 6:45-8:45pm (G)	Basketball 5:15-8:45pm (G)		Open Gym 3:45-8:45pm (G)

Branch Hours: M-F: 5:30am-9pm | Weekends: 7am-9pm
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

