



Child, Youth & Family Programs

Castle Downs Family YMCA | Intersession August 24 – September 6

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 (G) 6:45pm-9:45pm		
FAMILY SWIM–MEMBERS ONLY FAMILY SWIM–MEMBERS & PUBLIC SWIM						
Members ONLY Swim 6am–12pm (MP/TP) Member / Public Swim 12pm–9:45pm (MP/TP)	Members ONLY Swim 6am–12pm (MP/TP) Member / Public Swim 12–9:45pm (MP/TP)	Members ONLY Swim 6am–12pm (MP/TP) Member / Public Swim 12–9:45pm (MP/TP)	Members ONLY Swim 6am–12pm (MP/TP) Member / Public Swim 12–9:45pm (MP/TP)	Members ONLY Swim 6am–12pm (MP/TP) Member / Public Swim 12–9:45pm (MP/TP)	Members ONLY Swim 7am–12pm (MP/TP) Member / Public Swim 12pm-7:45pm (MP/TP)	Members ONLY Swim 7am–12pm (MP/TP) Member / Public Swim 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		
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 6-7am	Badminton/Pickleball 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-10:30am	Badminton/Pickleball 9am-10:30am
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am-12pm	Pickleball 10:30-11:45am	Open Gym 9:15-10:15am	Open Gym 10:45am-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	Pickleball 10:30-1:30pm		Pickleball 2:45pm-4:45pm
Basketball 4-5:45pm	Open Gym 3:15-7:45pm	Open Gym 3:30-4pm	Basketball 2-4:45pm	Open Gym 1:45-5:00pm		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	Basketball 5-6:45pm		
		Open gym 8:30-9:50pm		Teen Night 6:45pm-9:45pm		

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

Scan to book your
Childminding & Kids
Club space: Registration
opens Friday for the
following Monday-Sunday

ymcanab.ca/register

