



Child, Youth & Family Programs

Castle Downs Family YMCA | September 7th – December 20th, 2026

CHILD & YOUTH PROGRAMS												
MON	TUE		WED	THR		FRI	SAT			SUN		
No programs today	Programming starts 9:10am		Programmin g starts at 5pm	Programming starts 1PM		Programming starts 4:30PM	Programming starts 9AM			Programming starts 9:40AM		
	Creative Expressions (2-3yrs P) 9:10am-10:00am (S3)			Preschool Craft and Splash (3-5yrs) 1-3pm (MPR 3, Pool)		Hip Hop (4-6yrs) 4:30-5:20pm (S2)	Multi-Sport (3-5yrs) 9-9:50am (S3)			Multi-Sport (3-5yrs) 9:40-10:30am (S3)		
	Basketball (7-9yrs) 5-5:50pm (G)	Soccer (5-7yrs) 5-5:50pm (G)	E-Sports (9-12yrs) 5-5:50pm	Soccer (5-7yrs) 4-4:50pm (G)	Soccer (7-9) 4-4:40pm (G)	Hip Hop (7-9yrs) 5:30-6:20pm (S2)	Multi-Sport (5-7yrs) 10-10:50am (G)	Basketball (7-9yrs) 10-10:50am (G)	Basketball (9-12yrs) 10:40-11:30am (G)	Soccer (5-7yrs) 10:40-11:30am (G)		
	Multi-sport (5-7yrs) 6-6:50pm (G)	Soccer (9-12yrs) 6-6:50pm (G)		Basketball (5-7yrs) 5-5:50pm (G)	Basketball (7-9 yrs) 5-5:50pm (G)	LIT (12-17yrs) 5-6:50pm (MPR 2)	Basketball (5-7yrs) 11-11:50am (G)	Multi-Sport (7-9yrs) 11-11:50am (G)	Floor Hockey (9-12yrs) 11:40am-12:30pm (G)	Creative Expressions (5-7yrs) 11:40am-12:30pm (S1+2)	Floor Hockey (7-9yrs) 11:40am-12:30pm (G)	
	Basketball (9-12yrs) 7-7:50pm (G)	Soccer (7-9yrs) 7-7:50pm (G)		Soccer (9-12yrs) 6-6:50pm (G)	Basketball (9-12yrs) 6-6:50pm (G)		Basketball (9-12yrs) 12-12:50pm (G)	Soccer (7-9yrs) 12-12:50pm (G)	Volleyball (9-12yrs) 12:40pm-1:30pm (G)	Creative Expression (7-9yrs) 12:40-1:30pm (S1+2)	Volleyball (9-12yrs) 12:40-1:30pm (G)	
				Basketball (13-16yrs) 7-7:50pm (G)	Basketball (9-12yrs) 7-7:50pm (G)		Soccer (5-7yrs) 1-1:50pm (G)	Soccer (9-12yrs) 1-1:50pm (G)	Triple Fun (3-5yrs) 1-2pm (S3)	Volleyball (13-16yrs) 1:40-2:30pm (G)	Volleyball (9-12yrs) 1:40-2:30pm (G)	
							Volleyball (13-16yrs) 2-2:50pm (G)	Volleyball (9-12yrs) 2-2:50pm (G)	Musical Theatre (6-10yrs) 2:10-3:10pm (S3)			
YOUTH DROP-IN PROGRAMS												
						TEEN NIGHT (13-18yrs) 7-10pm (G) Youth Drop-in Swim Lessons (13-17yrs) 7:10-8:10pm	GIRLS NIGHT 3-4:30pm (G)			Youth Drop-in Swim Lessons (13-17yrs) 10:10-11:10am		
FAMILY SWIM-MEMBERS ONLY FAMILY SWIM-MEMBERS & PUBLIC SWIM												
Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP) Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP) Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)		Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP) Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP) Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)		Members ONLY Swim 6am-2pm (MP/TP) 4-8pm (MP/TP) Family/ Public Swim 2-4pm (MP/TP) 8-9:45pm (MP/TP)	Members ONLY Swim 6am-4pm (MP/TP) Family/ Public Swim 4-7:45pm (MP/TP)			Members ONLY Swim 6am-12pm (MP/TP) Family/ Public Swim 12-7:45pm (MP/TP)		
SESSIONAL SWIM LESSONS (At-a-Glance)												
Swim Lessons 9-10am (TP)			Swim Lessons 9-10am (TP) Swim Lessons 4-8pm (MP/TP)	Swim Lessons 4-8pm (MP/TP)		Swim Lessons 9-10am (TP) Swim Lessons 4-8pm (MP/TP)	Swim Lessons 9am-12pm, 12:30-3:30pm (MP/TP)			Swim Lessons 9am-12pm (MP/TP)		
CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)												
9am-12noon	9am-12noon		9am-12noon	9am-12noon		9am-12noon	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				
Open Gym 6-7am	Basketball 6-8am	Open Gym 6-7am	Open Gym 6-7:50am	Open Gym 6-7am	Badminton/Pickleball 7-8:50am			Basketball 7-8:50am				
Badminton 7:10-9am	Open Gym 8-9:45am	Badminton 7:10-10:45am	Pickleball 8-9am	Badminton 7:10-9am	Basketball 9-9:45amj			Badminton/Pickleball 9am-10:30am				
Pickleball 11:45am-2:45pm	Pickleball 10-11:45am	Open Gym 11am-12pm	Pickleball 10:30-11:45am	Pickleball 10:30-1:30pm								
Open Gym 3-4pm	Pickleball 1:15-3pm	Pickleball 12:15-3:15pm		Open Gym 1:45-5:00pm				Pickleball 2:45-4:45pm				
Basketball 4-5:45pm	Open Gym 3:15-5:45pm	Open Gym 3:30-4pm	Open Gym 1:15-2pm									
		Basketball 4-5:45pm	Basketball 2-4:45pm	Basketball 5-6:45pm	Open Gym (Half)							
Open Gym 8:30-9:50pm	Adult Volleyball 8-9:45pm	Open Gym 8:30-9:50pm	Open Gym 8:00-9:50pm		Open Gym 4:45-7:50pm			Open Gym 5-7:50pm				



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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

Open Gym Drop-in Recreation: 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

