



Child, Youth & Family Programs

William Lutsky Family YMCA | September 7 – December 20

CHILDREN'S PROGRAMS												
MON	TUE	WED	THR	FRI	SAT				SUN			
Programming starts 5PM	Programming starts 4PM	Programming starts 5PM	Programming starts 2:30PM	Programmin g starts 4PM	Programming starts 9:10AM				Programming starts 10:10AM			
Floor Hockey (9-12yrs) 5-5:50pm (G)	Basketball (7-9yrs) 4-4:50pm (G)	Basketball (5-7yrs) 5-5:50pm (G)	Craft & Splash (3-5yrs) 2:30-4:30pm (CM, TP)	Basketball (9-12yrs) 5-5:50pm (G)								
Multi-Sport (5-7yrs) 6-6:50pm (G)	Soccer (5-7yrs) 4-4:50pm (G)	Multi-Sport (7-9yrs) 5-5:50pm (G)	Soccer (5-7yrs) 4-4:50pm (G)	Soccer (7-9yrs) 5-5:50pm (G)	Multi-Sport Parented (2-3yrs) 9:10-10am (S2)				Science Exp (5-7yrs) 10:10-11am (S1)			
	Basketball (5-7yrs) 5-5:50pm (G)	Soccer (9-12yrs) 6-6:50pm (G)	Soccer (7-9yrs) 5-5:50pm (G)	Basketball (7-9yrs) 6-5:50pm (G)	Multi-Sport (3-5yrs) 10:10-11am (S2)		Creative Exp (5-7yrs) 10:10-11am (S1)		Soccer (7-9yrs) 11:10am-12pm (G)	Basketball (9-12yrs) 11:10am-12pm (G)	Science Exp (7-9yrs) 11:10am-12pm (S1)	
	Soccer (7-9yrs) 5-5:50pm (G)	Soccer (9-12yrs) 6-6:50pm (G)	Basketball (5-7yrs) 6-6:50pm (G)	Soccer (9-12yrs) 6-5:50pm (G)	Multi-Sport (3-5yrs) 11:10am-12pm (S2)	Floor Hockey (5-7yrs) 11:10am-12pm (G)	Basketball (9-12yrs) 11:10am-12pm (G)	Creative Exp (7-9yrs) 11:10-12pm (S1)	Floor Hockey (5-7yrs) 12:10-1pm(G)	Basketball (7-9yrs) 12:10-1pm (G)	Science Exp (9-12yrs) 12:10-1pm(S1)	
	Creative Exp (5-7yrs) 6-6:50pm (S1)	Multi-Sport (5-7yrs) 6-6:50pm (G)	Basketball (9-12yrs) 7-7:50pm (G)		Basketball (5-7yrs) 12:10-1pm (G)		Creative Exp (9-12yrs) 12:10-1pm (S1)		Floor Hockey (9-12yrs) 1:10-2pm(G)		Soccer (5-7yrs) 1:10-2pm(G)	
	Creative Exp (7-9yrs) 7-7:50pm (S1)	Hip Hop (4-6yrs) 4:30-5:20pm (S1)	Multi-Sport Parented (2-3yrs) 5-5:50pm (S2)		Soccer (5-7yrs) 1:10-2pm (G)		Basketball (7-9yrs) 1:10-2pm (G)		Esports (9-12yrs) 1:10-2pm (S1)		Basketball (5-7yrs) 2:10-3pm (G)	Soccer (9-12yrs) 2:10-3pm (G)
		Hip Hop (7-9yrs) 5:30-6:20pm (S1)	Multi-Sport (3-5yrs) 6-6:50pm (S2)		Floor Hockey (7-9yrs) 2:10-3pm (G)		Basketball (9-12yrs) 2:10-3pm (G)		Triple Fun (3-5yrs) 2-3pm (S2)			
			Esports (9-12yrs) 5-5:50pm (S1)		Soccer (9-12yrs) 3:10-4pm (G)				Musical Theatre (6-10yrs) 3:10-4:10pm (S2)			
			Science Exp (5-7yrs) 6-6:50pm (S1)									
			Science Exp (7-9yrs) 7-7:50pm (S1)									
YOUTH PROGRAMS												
				Teen Night (13-18yrs) 7-9:45pm (G, S2)	Basketball (13-16yrs) 12:10-1pm (G)							
					LIT (12-17yrs) 1-3pm (S2)							
					Soccer (13-16yrs) 3:10-4pm (G)							
					Girls Night (12-18yrs) 4:30-6pm (G, S1)							
FAMILY SWIM-MEMBERS ONLY FAMILY SWIM-MEMBERS & PUBLIC SWIM												
Member Swim 6-8:45am, 10am-12pm, 1:15-4pm	Member Swim 6-7:45am, 10am-12pm, 1-4pm, 8-9:45pm	Member Swim 6-8:45am, 10am-4pm	Member Swim 6-7:45am, 10am-12pm, 1:15-4pm, 8-9:45pm	Member Only Swim 6-8:45am Member & Public Swim 11am-9:45pm	Member & Public Swim 3:30-8:45pm				Member Only Swim 7-9:45am Member & Public Swim 1:30-8:45pm			
SESSIONAL SWIM LESSONS (At-a-Glance)												
Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, MP, TP)	Swim lessons (4:30-8pm, MP, TP)		Swim lessons (9am - 3:30pm)				Swim lessons (10am - 1:30pm)			
CHILDMINDING Ages 2mos-12yrs (Registration opens Friday for the following Monday-Sunday)												
8:30am-12noon	8:30am-12noon	8:30am-12noon	8:30am-12noon	8:30am-12noon	8:30am-12noon				No childminding on Sundays			
4:15-8pm	4:15-8pm	4:15-8pm	4:15-8pm									
OPEN GYM/RECREATION (Ages 14+)												
MON	TUE	WED	THR	FRI	SAT				SUN			
Open Gym 5:30-8:50am	Open Gym 7-7:50am	Open Gym 5:30-8am	Open Gym 5:30-7:50am	Open Gym 5:30-8am	Badminton 7:05-8:30am (G)				Pickleball 7:05-9am (G)			
	Open Gym 11-11:50am	Pickleball 11:30am-1pm (G)	Pickleball 12-2pm (G)	Pickleball 11:30am-1pm (G)	Half Gym 4:10-6:10pm				Open Gym 9:10-11am			
Pickleball 12-2pm (G)	Pickleball 12-2pm (G)	Pickleball 1-2:30pm (G)	Open Gym 2:10-3:50pm	Pickleball 1-2:30pm (G)	Open Gym 6:10-8:45pm (G)				Open Gym 3:10-8:45pm			
Open Gym 2:10-5:50pm	Open Gym 2:10-3:50pm	Open Gym 2:40-4:50pm	Half Gym 4-8pm	Open Gym 2:40-4:50pm								
Open Gym 8:05-9:45pm	Open Gym 8:05-9:45pm	Open Gym 8:05 -9:45pm	Floor Hockey 8-9:45pm (G)									

HOURS OF OPERATION

M-F: 5:30am-10pm | Weekends: 7am-9pm

Statutory Holidays (open on rotation). Visit [ymcanab.ca/holiday](#) to check your branches’ hours

Legend: (FC) Fitness Centre, (G) Gymnasium, (MPR 1) Multi-Purpose Room, (MPR 2) Multi-Purpose Room 2, (S1) Studio 1, (S2) Studio 2, (TP) Teach Pool, (MP) Main Pool, (FZ) Family Zone

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](#)

