



Child, Youth & Family Programs

Jamie Platz Family YMCA | September 7 – December 20

HOURS OF OPERATION

M–F: 5:30am–10pm | Weekends: 7am–9pm

Statutory Holidays (open on rotation): CLOSED Labour Day September 7 and Thanksgiving October 12
Visit ymcanab.ca/holiday to check your branches’ hours

CHILDREN’S PROGRAMS							
MON	TUE	WED	THU	FRI	SAT		SUN
Programming starts 4:30PM	Programming starts 10:30AM	Programming starts 11:30AM	Programming starts 1PM	No Programming	Programming starts 9AM		Programming starts 9:30AM
Judo Jump Starters (7-8yrs) 4:30-5:15pm (MPR 2)	Creative Expressions (2-3yrs Parented) 10:30-11:20am (MPR 2)	Science Explorers (3-5yrs) 11:30-12:20 (MPR 2)	Preschool Craft & Splash (3-5yrs) 1-3pm (MPR 2/TP)		Multi-Sport (2-3yrs Parented) 9–9:50am (MPR 2)		Triple Fun (3-5yrs) 9:30-10:30am (MPR 2)
Soccer (5-7yrs) 4:30-5:20pm (G)	Multi-Sport (3-5yrs) 11:30am-12:20pm	Judo Jump Starters (7-8yrs) 4:30-5:15pm (MPR 2)	Basketball (9-12yrs) 4:30-5:20pm (G)		Multi-Sport (3-5yrs) 10-10:50am (MPR 2)		Basketball (5-7yrs) 10-10:50am (G)
Multi-Sport (7-9yrs) 4:30-5:20pm (G)	Basketball (5-7yrs) 4:30-5:20pm (G)	Volleyball (9-12yrs) 4:30-5:20pm (G)	Soccer (5-7yrs) 4:30-5:20pm (G)		Basketball (7-9yrs) 11–11:50am (G)		Basketball (9-12 yrs) 10-10:50am (G)
Judo Jump Starters (9-10yrs) 5:15-6pm (MPR 2)	Basketball (9-12yrs) 4:30-5:20pm (G)	Science Explorers (5-7yrs) 4:30-5:20pm (FZ)	Creative Expressions (7-9yrs) 4:30-5:20pm (MPR 2)		Floor Hockey (9-12yrs) 11-11:50am (G)		Musical Theatre (6-10 yrs) 10:40-11:40am (MPR 2)
Soccer (7-9yrs) 5:30-6:20pm (G)	Hip Hop (4-6yrs) 4:30-5:20pm (MPR 2)	Judo Jump Starters (9-10yrs) 5:15-6pm (MPR 2)	Basketball (5-7yrs) 5:30-6:20pm (G)		Multi-Sport (3-5yrs) 11-11:50am (MPR 2)		Basketball (7-9yrs) 11-11:50am (G)
Multi-Sport (5-7yrs) 5:30-6:20pm (G)	Hip Hop (7-9yrs) 5:30-6:20pm (MPR 2)	Science Explorers (9-12yrs) 5:30-6:20pm (FZ)	Soccer (7-9yrs) 5:30-6:20pm (G)		Multi-Sport (5-7yrs) 12-12:50pm (MPR 2)		Basketball (9-12yrs) 11-11:50am (G)
Judo Yellow Belt+ (8-13yrs) 6-7pm (MPR 2)	Basketball (7-9yrs) 5:30-6:20pm (G)	Judo Yellow Belt+ (8-13yrs) 6-7pm (MPR 2)	Creative Expressions (9-12yrs) 5:30-6:20pm (MPR 2)		Basketball (5-7yrs) 12-12:50pm (G)		Musical Theatre (10-14yrs) 11:50am-12:50pm (MPR 2)
Soccer (9-12yrs) 6:30-7:20pm (G)	Basketball (9-12yrs) 5:30-6:20pm (G)	Science Explorers (7-9yrs) 6:30-7:20pm (FZ)	E-Sports (9-12yrs) 5:30-6:20pm or 6:30-7:20pm (Alberta Room)		Floor Hockey (7-9yrs) 12-12:50pm (G)		Soccer (7-9yrs) 12-12:50pm (G)
Judo Jump Starters (11-13yrs) 7-7:45pm (MPR 2)	Hip Hop (10-12yrs) 6:30-7:20pm (MPR 2)	Mini Volley (7-9yrs) 6:30-7:20pm (G)	Basketball (7-9yrs) 6:30-7:20pm (G)		Basketball (9-12yrs) 1-1:50pm (G)	Floor Hockey (5-7yrs) 1-1:50pm (G)	Soccer (9-12yrs) 12-12:50pm (G)
		Judo Jump Starters (11-13yrs) 7-7:45pm (MPR 2)	Soccer (9-12yrs) 6:30-7:20pm (G)		Mini Volley (7-9yrs) 2-2:50pm (G)		
			Creative Expressions (5-7yrs) 6:30-7:20pm (MPR 2)				
YOUTH PROGRAMS							
Soccer (13-16yrs) 6:30-7:20pm (G)	Leaders in Training (12-17yrs) 6-8pm (FZ)	Volleyball (13-16yrs) 5:30-6:20pm (G)	Basketball (13-16yrs) 7:30-8:20pm (G)	Teen Night (13–18yrs) 6-9:45pm (G)	Teen Drop-in Swim Lessons (13-17yrs) 1:15-2:15pm (MP)		
	Youth Basketball Development (13-16yrs) 6:30-8:20pm (G)				Girls Night (12-18yrs) 6:30-8:30pm (G)		
FAMILY SWIM – MEMBERS ONLY FAMILY SWIM – MEMBERS & PUBLIC							
Member Swim 5:30am-3pm (L) 1-3pm (TP) Family/Public Swim 3-9:45pm (L, TP)	Member Swim 5:30am-3pm (L) 2-3pm (TP) 4:30-7pm (L) 8-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-3pm (L) 1-3pm (TP) 4:30-7pm (L) 8:30-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-3pm (L) 1-2pm (TP) 4:30-7pm (L) 8-9:45pm (L, TP) Family/Public Swim 3-4:30pm (L, TP)	Member Swim 5:30am-11am (L) 1-3:30pm (TP) Family/Public Swim 3:30-9:45pm (L, TP)	Member Swim 7am-1pm (L) 12-1pm (TP) Family/Public Swim 3:30-8:45pm (L, TP)		Member Swim 7am-1pm (L) Family/Public Swim 1-8:45pm (L, TP)
SESSIONAL SWIM LESSONS (At-a-Glance)							
JLC & Swim Club 5-8pm (MP)	Swim Lessons 4:30-8pm (MP, TP)	Swim Lessons & JSI 4:30-8:30pm (MP, TP)	Swim Lessons 3:15-8pm (MP, TP)	Swim Lessons 11am-2:30pm (L) JLC & Swim Club 5-9pm (MP)	Swim Lessons 9am-3:30pm (MP, TP)		Swim Lessons 9am-1pm (MP, TP)
CHILDMINDING Ages 2mos–12yrs (MPR 1) (Registration opens Friday for the following Monday-Sunday)							
8:45am–12:15pm	8:45am–12:15pm	8:45am–12:15pm	8:45am–12:15pm	8:45am–12:15pm	8am-2:15pm with Kids’ Club		
4:30-7:15pm	4:30-7:15pm	4:30-7:15pm	4:30-7:15pm				
OPEN GYM/RECREATION (Ages 14+)							
MON	TUE	WED	THR	FRI	SAT		SUN
Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 5:30-8:45am (G)	Open Gym 7-8am (G)		Open Gym 7-8am (G)
Pickleball Court Bookings 11:30am-12:45pm (G)	Pickleball Open Play 10:15am-1:15pm (G)	Pickleball Open Play 11:15am-1:15pm (G)	Pickleball Open Play 11:15am-12:45pm (G)	Pickleball Court Bookings 11:30am-12:45pm (G)			Badminton Court Bookings 8:15-9:45am (G)
Open Gym 1-4:15pm (G)	Floor Hockey 2:15-4:15pm (G)	Open Gym 2:15-4:15pm (G)	Learn to Play Pickleball 1-2:30pm (G)	Open Gym 1-3:15pm (G)			Pickleball Open Play 1-4pm (G)
Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Open Gym 7:30-9:45pm (G)	Open Gym 8:30-9:45pm (G)	Floor Hockey 3:30-5:30pm (G)	Open Gym 3-8:45pm (G) Half Gym Only 6:30-8:30pm		Open Gym 4:15-8:45pm (G)