



Shine On

Fall 2026 @ the Y

Sep 7–Dec 20

THEMED SPECIALITY PROGRAMS

Kids in the Kitchen Pirates Pantry



Set sail on a culinary adventure! Young chefs will create delicious pirate-inspired treats while building kitchen skills, exploring new flavours, and discovering the fun of cooking! This theme will run September and October.

Science Explorers Weather Wonders



Become a junior meteorologist and explore the science behind rain, wind, clouds, and storms through exciting hands on experiments and weather-themed activities. This theme will run September and October.

Creative Expressions The Art of Music



Explore creativity through music, art, and self-expression. Participants will explore a variety of creative activities while building confidence, developing new skills, and expressing themselves in a fun and engaging environment.

Kids in the Kitchen Enchanted Eats



Step into a world of magical flavors and whimsical creations! Young cooks will prepare enchanted-inspired recipes while learning basic cooking techniques and kitchen safety. This theme will run November and December.

Science Explorers The 3 Worlds of Science



Journey through the worlds of earth, life, and physical science! Through engaging experiments and interactive activities, participants will explore the wonders of nature, living things, and the forces that shape our world. This theme will run for November and December.



Learn more and
sign up now at

ymcanab.ca/register

FALL 2026

Child and Youth Registered Programs

September–October 2026:

Classes begin the week of September 7 and run until the week of October 26.

Mondays: Beginning September 14*

M	Tu	W	Th	F	Sa	Su
Sep 14						

- Pickleball 13–16yrs: 1–2:30pm
- Basketball 5–7yrs: 5–5:55pm
- Kids in the Kitchen 9–12yrs: 5–6:15pm
- Basketball 7–9yrs: 6–6:55pm
- Creative Expressions 13–16yrs: 6:30–7:45pm

Please note that there are *no classes** on September 7 and October 12 as NCC is closed in observance of Labour Day and Thanksgiving Monday, respectively. Prices at time of registration reflect this.

Tuesdays: Beginning September 8

M	Tu	W	Th	F	Sa	Su
	Sep 8					

- Science Explorers 5–7yrs: 10–10:55am
- Multi-Sport 3–5yrs: 10–10:55am
- Science Explorers 3–5yrs: 11–11:55am
- Multi-Sport 5–7yrs: 11–11:55am
- E-Sports 9–12yrs: 6–7:30pm

Wednesdays: Beginning September 9

M	Tu	W	Th	F	Sa	Su
		Sep 9				

- E-Sports 9–12yrs: 1–2:30pm
- Pickleball 9–12yrs: 5–5:55pm
- Kids in the Kitchen 5–7yrs: 5–5:55pm
- Kids in the Kitchen 7–9yrs: 6:15–7:30pm
- Pickleball 13–16: 6–7:30pm

There are *no classes* on Wednesday, September 30 as the centre is closed in honour of National Day for Truth and Reconciliation. Prices at time of registration reflect this.

Thursdays: Beginning September 10

M	Tu	W	Th	F	Sa	Su
			Sep 10			

- Kids in the Kitchen 9–12yrs: 9:45–11am
- Pickleball 7–9yrs: 10–10:55am
- Kids in the Kitchen 7–9yrs: 11am–12:15pm
- Pickleball 9–12yrs: 11–11:55am

November–December 2026:

Classes begin the week of November 2 and run until the week of December 14.

Mondays: Beginning November 2

M	Tu	W	Th	F	Sa	Su
Nov 2						

- Basketball 13–16yrs: 1–2:30pm
- Basketball 5–7yrs: 5–5:55pm
- Kids in the Kitchen 9–12yrs: 5–6:15pm
- Basketball 7–9yrs: 6–6:55pm
- Creative Expressions 13–16yrs: 6:30–7:45pm

Tuesdays: Beginning November 3

M	Tu	W	Th	F	Sa	Su
	Nov 3					

- Kids in the Kitchen 5–7yrs: 10–10:55am
- Multi-Sport 3–5yrs: 10–10:55am
- Kids in the Kitchen 3–5yrs: 11–11:55am
- Multi-Sport 5–7yrs: 11–11:55am
- E-Sports 9–12yrs: 6–7:30pm

Wednesdays: Beginning November 4

M	Tu	W	Th	F	Sa	Su
		Nov 4				

- E-Sports 9–12yrs: 1–2:30pm
- Pickleball 9–12yrs: 5–5:55pm
- Kids in the Kitchen 5–7yrs: 5–5:55pm
- Kids in the Kitchen 7–9yrs: 6:15–7:30pm
- Pickleball 13–16: 6–7:30pm

There are *no classes* on Wednesday, November 11 as the centre is closed for Remembrance Day. Prices at time of registration reflect this.

Thursdays: Beginning November 5

M	Tu	W	Th	F	Sa	Su
			Nov 5			

- Kids in the Kitchen 9–12yrs: 9:45–11am
- Pickleball 7–9yrs: 10–10:55am
- Kids in the Kitchen 7–9yrs: 11am–12:15pm
- Pickleball 9–12yrs: 11–11:55am



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