



Child, Youth & Family Programs

Don Wheaton Family YMCA | Sep 14th – Dec 20th, 2026

CHILDREN'S PROGRAMS						
MON	TUE	WED	THR	FRI	SAT	SUN
No programming today	No programming today	No programming today	No programming today	No programming today	Programming starts 1PM	No programming today
					E-Sports (9-12 yrs) 1:00pm-2:00pm (BR)	
					Preschool Craft & Splash (3-5 yrs) 2:00pm-4:00pm (CR) & (TP)	
FAMILY SWIM-MEMBERS ONLY FAMILY SWIM-MEMBERS & PUBLIC SWIM						
Family Swim Members ONLY 5:30am-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-3pm (TP)	Family Swim Members ONLY 5:30am-4:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 5:30am-10am (TP) 12:30pm-3pm (TP)	Family Swim Members ONLY 5:30am-3:30pm (TP) 8pm-8:45pm (TP)	Family Swim Members ONLY 7am-10am (TP)	Family Swim Members ONLY 7am-9am (TP)
	Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 3pm-8:45pm (MP/TP)		Family/Public Swim 1:30pm-8:45pm (MP/TP)	Family/Public Swim 1pm-8:45pm (MP/TP)
SESSIONAL SWIM LESSONS (At-a-Glance)						
YMCA Swimming Lessons 4:30pm-8pm		YMCA Swimming Lessons 4:30pm-8pm	YMCA Swimming Lessons 10:00am-12:15pm	True Blue Swimming Lessons 3:30pm-8:00pm	YMCA Swimming Lessons 10:00am-1:30pm	True Blue Swimming Lessons 9:00am-1:00pm
	Keyano Swim Club 6pm-8pm		Keyano Swim Club 6pm-8pm		Craft & Splash (3-5 yrs) 3:00pm-4:00pm (CR) & (TP)	
CHILDMINDING Ages 2mos-12yrs						
4:30pm-7:30pm (CR)	4:30pm-7:30pm (CR)	4:30pm-7:30pm (CR)	9am-12pm (CR)		9am-1pm (CR)	
OPEN GYM/RECREATION (Ages 14+)						
MON	TUE	WED	THR	FRI	SAT	SUN
Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 5:30-8:30am (G)	Open Gym 7:00-7:45am (G)	Open Gym 7:00-11:45am (G)
Open Gym 10am-5pm (G)	Open Gym 10am-11:45am (G)	Open Gym 10am-3:45pm (G)	Open Gym 10am-5:00pm (G)	Open Gym 12:00-5:45pm (G)	Pickleball 8:00-9:30am (G)	Family Multi-Sport 12:00-3:00pm (G)
	Open Gym 1:15-5:45pm (G)				Pickleball 9:30-10:45am (G)	
		Teen Night 4pm-7pm (G)			Family Multi-Sport 12:15-2:15pm (G)	Open Gym 3:15pm-8:45pm (G)
Basketball 6:45-8:45pm (G)	Badminton League 6:15-8:45pm (G)	Open Gym 7:30-8:45pm (G)	Open Gym 6:45-8:45pm (G)	Basketball 6:00-8:45pm (G)	Open Gym 2:30-8:45pm (G)	

Branch Hours: M-F: 5:30am-9pm | Weekends: 7am-9pm
Statutory Holidays (open on rotation). Visit ymcanab.ca/holiday to check your branches' hours

Legend: (FC) Fitness Centre, (G) Gymnasium, (S1) Studio 1, (S2) Studio 2, (CR) Community Room
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

