



Preschool, Child, and Youth Programs

Summer 2026 Schedule: June 29 - September 7, 2026

Drop In Child Programs

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Stay & Play	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm	0-5 years 9:00-12:00pm		
*Y Kids		3-9 years 5:00-7:30pm	3-9 years 5:00-7:30pm				
Family Gym	12:45-2:15pm 4:45-7:00pm	10:30-11:45am	11:30-12:30pm 4:45-7:00pm	4:15-6:00pm			9:15-12:00pm

Drop In Youth Programs

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Basketball	13 years + 7:15-8:45pm	13 years + 7:45-8:45pm	13 years + 7:15-8:45pm	13 years + 7:45-8:45pm			13 years + 1:00-2:45pm
Youth Volleyball							
Youth Gym Space					5:00-7:45pm		

Registered Child and Youth Programs

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Explores \$ *Register weekly		6-9 years 10:00-11:30pm					
Youth Wellness	5:00-5:45pm		5:00-5:45pm				

*Both drop-in Stay and Play and Y Kids programs are available for day pass and membership use. Each program offers a maximum of 1.5 hours of daily participation per child on a first-come, first-served basis, in accordance with our staff-to-participant ratios.

All Registered Programs are:
 \$10.00 per weekly session for Members / \$30 per weekly session for Non-Members
 No registered programs July 28th

NOTE: Schedule subject to change.
 Please visit our Portal to check on the class times, cancellations or program changes.



Preschool, Child, and Youth Programs

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Program Name	Program Information	
Stay and Play	Ages 0-5 years	A fun and safe environment for your child(ren) while you work out. A parent / guardian over the age of 16 years must remain in the YMCA facility while children are in this program. Please know that the program is limited to 1.5 hours of use each day per participant and is available on a first-come, first-served basis, in accordance with our staff-to-participant ratios.
Y Kids	Ages 6-9 years	The Y Kids program provides supervised activities for children so that parents / guardians may workout or participate in a program! Y Kids fosters social development. Please know that the program is limited to 1.5 hours of use each day per participant and is available on a first-come, first-served basis, in accordance with our staff-to-participant ratios.
Family Gym Space	Ages 3 years + accompanied by a parent/guardian 16 years +	A fun and safe environment for family to play together. Basketball, volleyball and racquet practice is welcome. No fixed equipment is permitted.
Outdoor Explores \$*registered	Ages 6-9 years	Join us for an exciting and educational adventure in the great outdoors! Our Outdoor Explorers program invites young participants to engage in fun games, create eco-friendly crafts, and learn about the environment while exploring our park land.
Youth Wellness *registered	Ages 10-13 years	The Youth Wellness program is designed to equip youth ages 10-12 with the knowledge to safely workout in the conditioning room with adult participants. The course is taught by YMCA fitness professionals and is divided into 2 classes. Class 1 Cardio/Etiquette and Class 2 Strength/ Etiquette/ Review. Successful completion of both classes will allow youth to use various parts of the wellness centre and its equipment.
Youth Gym Space	Ages 10-17 years	A fun and safe environment for youth to play and socialize together. Basketball, volleyball and racquet practice is welcome. No fixed equipment is permitted.

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 No registered programs July 28th