

Fall/Winter Interim Youth Schedule

December 8, 2025 to January 4, 2026
Registration required for all programs

Building Hours:
Monday – Friday 5:30am-9:30pm
Saturday & Sunday 8:00am-6:00pm
Holiday 8am-4pm

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|
| Child and Youth Drop In 3 Months – 12 Years 8:30am-12:30pm | Child and Youth Drop In 3 Months – 12 Years 8:30am-12:30pm | Child and Youth Drop In 3 Months – 12 Years 8:30am-12:30pm | Child and Youth Drop In 3 Months – 12 Years 8:30am-12:30pm | Child and Youth Drop In 3 Months – 12 Years 8:30am-12:30pm | Family Gym Drop-In (Half Gym) 11:00am-1:00pm |
| After School Program 6-12 Years 3:30-6:00pm | After School Program 6-12 Years 3:30-6:00pm | After School Program 6-12 Years 3:30-6:00pm | After School Program 6-12 Years 3:30-6:00pm | Teen Night 4:00pm-9:15pm | |
| | | Family Gym Drop-In (Half Gym) 5:15pm-8:15pm | Family Gym Drop-In (Half Gym) 10:30-12:45pm | | |
| Child and Youth Drop In 3 Months – 12 Years 4:15pm-7:45pm | Child and Youth Drop In 3 Months – 12 Years 4:15pm-7:45pm | Child and Youth Drop In 3 Months – 12 Years 4:15pm-7:45pm | Child and Youth Drop In 3 Months – 12 Years 4:15pm-7:45pm | | |
| Youth Centre 10-18 Years 4:30pm-9:00pm | Youth Centre 10-18 Years 4:30pm-9:00pm | Youth Centre 10-18 Years 4:30pm-9:00pm | Youth Centre 10-18 Years 4:30pm-9:00pm | Youth Centre 10-18 Years 4:30pm-9:00pm | |

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Child and Youth Drop In Members: \$0.00

Drop off your children with our caring staff while you get some alone time to exercise, participate in one of our classes, swim, shower and sauna! Maximum 2 hours.

After School Program Members & Non-Members: \$0.00

Calling all youth ages 6-12! Our FREE After School program runs from Monday through Thursdays from 3:30-6:00pm. We offer an exciting lineup of activities. Participants will enjoy a healthy snack, get homework help, play fun games and more! NEW THIS YEAR - we are offering bussing! If your participant goes to school in the area, call your consortium today to see if you qualify for a drop off location at the Y! Our staff will get your participant off the bus. Registration is now open for members, and is open for non-members on Wednesday, August 28th. Limited spaces are available, register now!

Youth Centre Members & Non-Members: \$0.00

The Youth Centre is a welcoming space for youth to relax, socialize, and have fun in a safe, supervised environment designed to engage and connect. We offer daily programming, snacks, and a variety of weekly activities and events. For a full list of what's happening this month, please check out our Youth Drop-in Schedule located at the front desk.

Teen Night Members: \$0.00 & Non-Members: \$5.00

Welcoming space for teens to get active, have fun, and make new friends. Teens get access to the squash courts, gymnasium, fitness centre, and pool — the perfect place to hang out, stay fit, and connect with others in a safe, friendly environment.

CHILD & YOUTH DROP-IN AND YOUTH CENTER

Drop the kids off and enjoy some YOU time in the YMCA:

Child & Youth Drop-in (Ages 3m-12yrs)

AM - Monday to Saturday 8:30am-12:30pm

PM – Monday to Thursday 4:15pm-7:45pm

* Please ensure your child is an active member of the YMCA and has been pre-registered for this service.

Youth Centre (10-18yrs)

PM - Monday to Friday 4:30pm-9pm

To help minimize the spread of infection, we kindly ask that if your child is unable to attend school or daycare due to fever or illness, they do not attend our drop-in program. Thank you for your understanding.