

# Summer Youth Schedule

July 6- August 28 2026

Registration required for all programs.

Building Hours:  
Monday - Thursday 5:30am-9pm  
Friday 5:30am-8pm  
Saturday - Sunday 8am-4pm  
Holidays - CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Child and Youth Drop In 3 Months - 12 Years 9:30-11:30am	Child and Youth Drop In 3 Months - 12 Years 9:30-11:30am	Child and Youth Drop In 3 Months - 12 Years 9:30-11:30am	Child and Youth Drop In 3 Months - 12 Years 9:30-11:30am	Child and Youth Drop In 3 Months - 12 Years 9:30-11:30am		
	Child and Youth Drop In 3 Months - 12 Years 5:00-8:00pm		Child and Youth Drop In 3 Months - 12 Years 5:00-8:00pm			
Youth Centre 10-18 years 5pm to 9pm	Youth Centre 10-18 years 5pm to 9pm	Youth Centre 10-18 years 5pm to 9pm	Youth Centre 10-18 years 5pm to 9pm	Youth Centre 10-18 years 4pm-8pm		
	Triple Ball 6 to 9 years old 5:45pm to 6:30pm	Building Science 4-5 years 5:30pm to 6:30 pm	Basketball 6 to 9 years 5:15pm to 6pm	Teen Night 13-18 years 5:30pm-9:15pm	Gym Rental Available	
	Train Like an Athlete: Volleyball Bootcamp 10 to 12 years old 6:45pm to 7:45pm	Building Science 6 to 9 & 10 to 12 years 6:45pm to 7:45pm	3 on 3 Basketball 10 to 12 years 6:15pm to 9pm			

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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.

## **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. We offer daily programming, snacks, and a variety of weekly activities and events designed to engage and connect. For a full list of what's happening this month, please check out our Monthly Youth Centre Schedule.

### CHILDMINDING HOURS

Drop the kids off and enjoy some YOU time in the YMCA  
Ages 3m-5y and Youth Drop in (6-12y) COMBO

**AM** – Monday to Friday 9:30am-11:30am

**PM** – Tuesday and Thursday 4:30pm-7:30pm

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

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

## **Building Science** Members: \$55.00 Non-Members: 220.00

The ultimate hands-on experience! Immerse yourself in an exciting program that consists of constructing, creating, and assembling cool projects. They will also have the opportunity to participate in fun experiments and gain a deeper understanding of all kinds of science!

## **Basketball** Members: \$29.00 Non-Members: \$116.00

Join our Dynamic Basketball Program where young athletes will develop essential skills like dribbling, shooting, and passing. Participants will engage in exciting drills and gameplay, designed to enhance their technique, boost their confidence, and foster a love for the game in a fun, supportive environment.

## **3 on 3 Basketball League** Members: \$29.00 Non-Members: \$116.00

Looking for a fast-paced, exciting way to develop your basketball skills? Our 3-on-3 Basketball League is designed specifically for players who are ready to grow their game, compete with peers, and have fun in a supportive team environment.

## **Triple Ball** Members: \$29.00 Non-Members: \$116.00

Boost your skills in this high-energy volleyball session led by a Cambrian Varsity player! Build strength, agility, and confidence while practicing key skills like passing, setting, and hitting in a fun, supportive environment.

## **Train like an Athlete: Volleyball Bootcamp** Members: \$29.00 Non-Members: \$116.00

Boost your skills in this high-energy volleyball session led by a Cambrian Varsity player! Build strength, agility, and confidence while practicing key skills like passing, setting, and hitting in a fun, supportive environment.

Get ready to move, sweat, and play—just like the varsity athletes do!