

Child, Youth and Family Schedule

March 10 – March 16, 2025

HOURS: Mon. – Thu.: 06:30 – 21:00, Fri.: 06:30 – 20:00 | Sat., Sun. and Statutory Holidays: 08:00 – 16:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30 – 13:30 Family Basketball Gymnasium Ages: Parent & Child ◆	11:30 – 13:30 Family Active Play Gymnasium Ages: Parent & Child ◆	11:30 – 13:30 Family Pickleball Gymnasium Ages: Parent & Child ◆	11:30 – 13:30 Family Badminton Gymnasium Ages: Parent & Child ◆	11:30 – 13:30 Family Soccer Gymnasium Ages: Parent & Child ◆	08:00 – 11:00 Open Gym ◆	
					11:15 – 13:15 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	11:15 – 13:15 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆
15:45 – 17:45 Youth Basketball Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Pickleball Gymnasium B Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Badminton Gymnasium B Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium Ages: 13Y-17Y ◆	13:30 – 15:45 Open Gym ◆	13:30 – 15:45 Open Gym ◆
		15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆	15:45 – 17:45 Youth Open Gym Gymnasium A Ages: 13Y-17Y ◆			

Schedule is subject to change

◆ **Drop-in activity.** Day pass fee required for non-members.

Child and Youth Age and Access Policies

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.