



Child, Youth, and Family Programs

Schedule starting January 2, 2025

Stat Holidays: Mon Feb 17th, Fri April 18th - No Group Fitness Classes, Pool or Programs							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 10:15am	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	
	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	
						Multi-Sports 6 - 12 yrs Gymnasium	
10:30am - 11:45am	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	Y Play 12 wks - 3 yrs Pre-register only Y Play Room	
	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	
						Games Galore 6 - 12 yrs Multipurpose Room 2	
12:00pm - 4:30pm	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Tea & Tumble Time 1:30-3:00pm Parent participation required Multipurpose Room 4	Baby Bear Time 1:30pm-2:00pm Parent Participation Required Multipurpose Room 4	Family Playtime 12:00pm-5:00pm 0-6 yrs Parent participation required MP 4	Family Playtime 12:00pm-5:00pm 0-6 yrs Parent participation required MP 4
	Youth Sports Drop-in 12-16 yrs 3:30pm-4:30pm Gymnasium	Youth Sports Drop-in 12-16 yrs 3:30pm-4:30pm Gymnasium	Youth Sports Drop-in 12-16 yrs 3:30pm-4:30pm Gymnasium	Youth Sports Drop-in 12-16 yrs 3:30pm-4:30pm Gymnasium	Youth Sports Drop-in 12-16 yrs 3:30pm-4:30pm Gymnasium		Family Fun 1:00pm-5:00pm All ages drop-in Parent participation required MP 2/3
4:30pm - 6:30pm	Y Play 3 months- 5 yrs 4:00pm-5:00pm Pre-register only Y Play Room	Y Play 3 months- 5 yrs 4:00pm-5:00pm Pre-register only Y Play Room	Y Play 3 months- 5 yrs 4:00pm-5:00pm Pre-register only Y Play Room	Y Play 3 months- 5 yrs 4:00pm-5:00pm Pre-register only Y Play Room		Creative Movement 3-6yrs 3:00pm-3:45pm MP2/3 Pre-Register 8 wk program	Family Open Gym Drop-in 2:30-4:30pm 6+ yrs accompanied by parent/guardian Gymnasium
		Youth Board Game Café 12-16yrs 4:30pm-6:30pm Multipurpose Room 1				Youth Sports 12-16 yrs old 4:30pm-5:30pm Supervised Gymnasium	Youth Sports 12-16 yrs old 4:30pm-5:30pm Gymnasium
5:15pm - 6:30pm	Y Play 3 months- 3 yrs Pre-register only Y Play Room	Y Play 3 months- 3 yrs Pre-register only Y Play Room	Y Play 3 months- 3 yrs Pre-register only Y Play Room	Y Play 3 months- 3 yrs Pre-register only Y Play Room			
	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4	Creative Play 3 - 5 yrs Pre-register only Multipurpose Room 4			
	Games Galore 6 - 12 yrs Multipurpose Room 2	Multi-Sports 6 - 12 yrs Gymnasium	Games Galore 6 - 12 yrs Multipurpose Room 2	Games Galore 6 - 12 yrs Multipurpose Room 2		Facility closes for the day at 7pm	Facility closes for the day at 7pm
6:45pm - 8:00pm	Games Galore 6 - 12 yrs Multipurpose Room 2	Multi-Sports 6 - 12 yrs 1/2 Gymnasium	Active Brains 6 - 12 yrs Multipurpose Room 2	Active Kids 6 - 12 yrs Multipurpose Room 2			
		Youth Sports Drop-in 12-16 yrs 6:45pm-8:00pm 1/2 Gymnasium			Youth Hip Hop 12-16 yrs 7:00pm-8:00pm Fitness Studio Pre-Register 8 wk program		
	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4	Family Playtime 0-6yrs drop-in Parent participation required Multipurpose Room 4		Updated Dec 15, 2024

Membership is required for all CYF programs.
 Please show up within fifteen minutes of your program's start. After fifteen minutes spaces in program will be offered to waitlisted participants.
 Pre-registration required for Youth Hip Hop, Creative Movement and Growing Mindfull. Please see front desk for more information.