

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 Badminton GYM 1 4:00 pm—5:30 pm	02 Open Youth Room 4:30 pm—6:00 pm Arts & Creative Nights 6:00 pm to 7:00 pm Community Room	03 Youth Activities: Volleyball / Badminton GYM 1 4:00 pm—5:00 pm	04 Youth Night : Basketball games: GYM 2 3:00 pm—4:00 pm Badminton/Table Tennis/ MP 1 & 2 / 4:00 pm—5:00 pm Open Youth Room 4pm -6pm	05 
06 	07 Youth Activities: Badminton/Volleyball GYM 1 / 4:30 pm—5:30 pm Open Youth Room 6:00 pm to 7:00 pm	08 Badminton GYM 1 4:00 pm—5:30 pm	09 Open Youth Room 4:30 pm—6:00 pm Arts & Creative Nights 6:00 pm to 7:00 pm Community Room	10 Youth Activities: Games Night Youth room 4:00 pm—5:00 pm	11 Youth Night : Basketball games: GYM 2 3:00 pm—4:00 pm Badminton/Table Tennis/ MP 1 & 2 / 4:00 pm—5:00 pm Open Youth Room 4pm -6pm	12 Family Hub Centre 12:00—2:00 pm Community Room & Youth room
13 	14 	15 Youth Empowerment Initiative (YEI) : Youth Room 4:00 pm to 5:00 pm  Badminton / GYM 1 4:00 pm—5:30 pm	16 Open Youth Room 4:30 pm—6:00 pm Arts & Creative Nights 6:00 pm to 7:00 pm Community Room	17 Youth Activities: Badminton / Soccer GYM 1 4:00 pm—5:00 pm	18 Youth Night : Basketball games: GYM 2 3:00 pm—4:00 pm Badminton/Table Tennis/ MP 1 & 2 / 4:00 pm—5:00 pm Open Youth Room 4pm -6pm	19 
20 	21 Youth Activities: Badminton/Volleyball GYM 1 / 4:30 pm—5:30 pm Open Youth Room 6:00 pm to 7:00 pm	22 Youth Empowerment Initiative (YEI) : Youth Room 4:00 pm to 5:00 pm  Badminton / GYM 1 4:00 pm—5:30 pm	23 Open Youth Room 4:30 pm—6:00 pm Arts & Creative Nights 6:00 pm to 7:00 pm Community Room	24 Youth Activities: Games Night Youth room 4:00 pm—5:00 pm	25 Youth Night : Basketball games: GYM 2 3:00 pm—4:00 pm Badminton/Table Tennis/ MP 1 & 2 / 4:00 pm—5:00 pm Open Youth Room 4pm -6pm	26 Family Hub Centre 12:00—2:00 pm Community Room & Youth room
27  Keeping Children & Youth Safe Safe Environment Program	28 Arts & Creative Nights 4:30 pm to 5:30 pm Community Room Open Youth Room 6:00 pm to 7:00 pm	29 Youth Empowerment Initiative (YEI) : Youth Room 4:00 pm to 5:00 pm  Badminton / GYM 1 4:00 pm—5:30 pm	30 Open Youth Room 4:30 pm—6:00 pm Arts & Creative Nights 6:00 pm to 7:00 pm Community Room	31 Volleyball / Badminton GYM 1 4:00 pm—5:00 pm		 Keeping Children & Youth Safe Safe Environment Program

### NOTES:

**Where & when to meet?**

For all programs please check-in at the membership desk 5- 10 minutes before program begins.

**For more information contact:** Jenn Obeng

Email: [jennifer.obeng@ymcocalgary.org](mailto:jennifer.obeng@ymcocalgary.org)  
Tel: 403-537-2718

**Age of “Youth”** “Youth” programs are designated for Ages 12 and up.

**Red—Membership or Drop-in fee required**  
**Blue—FREE Program—No Membership or Drop-in fee required**