

MONTH: MARCH

YEAR: 2026

OUTREACH PROGRAMS

ALL PROGRAMS ARE FOR AGES 14-25 ONLY



Saddletowne YMCA

7555 Falconrigde BLVD NE, Calgary, AB T3J 0C9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Volleyball: Gym 1 4:30pm - 5:30pm</p>	<p>3</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Badminton: Gym 1 4:30pm - 5:30pm</p>	<p>4</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Games Night Youth Room 4:30pm - 5:30pm</p>	<p>5</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Pickleball: Gym 2 - 4pm - 5pm Youth Activity: Youth room 5:00pm - 6:00pm</p>	<p>6</p> <p>Basketball Games: Gym 1 3pm - 4pm Badminton/Table Tennis: MP1/2 4pm - 5pm Open Youth Room 4:00pm - 6:00pm</p>	<p>7</p> <p>International Women's Day Paint & Chill 2:00 pm-4:00pm</p>
<p>9</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Volleyball: Gym 1 4:30pm - 5:30pm</p>	<p>10</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Badminton: Gym 1 4:30pm - 5:30pm</p>	<p>11</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Games Night Youth Room 4:30pm - 5:30pm</p>	<p>12</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Pickleball: Gym 2 - 4pm - 5pm Youth Activity: Youth room 5:00pm - 6:00pm</p>	<p>13</p> <p>Basketball Games: Gym 1 3pm - 4pm Badminton/Table Tennis: MP1/2 4pm - 5pm Open Youth Room 4:00pm - 6:00pm</p>	<p>14</p>
<p>16</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Volleyball: Gym 1 4:30pm - 5:30pm</p>	<p>17</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Badminton: Gym 1 4:30pm - 5:30pm</p>	<p>18</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Games Night Youth Room 4:30pm - 5:30pm</p>	<p>19</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Pickleball: Gym 2 - 4pm - 5pm Youth Activity: Youth room 5:00pm - 6:00pm</p>	<p>20</p> <p>Basketball Games: Gym 1 3pm - 4pm Badminton/Table Tennis: MP1/2 4pm - 5pm Open Youth Room 4:00pm - 6:00pm</p>	<p>21</p> <p>Family Hub 11:00am-12:30pm</p>
<p>23</p> <p>Interim Week No Programs</p>	<p>24</p> <p>Interim Week No Programs</p>	<p>25</p> <p>Interim Week No Programs</p>	<p>26</p> <p>Interim Week No Programs</p>	<p>27</p> <p>Interim Week No Programs</p>	<p>28</p>
<p>30</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Volleyball: Gym 1 4:30pm - 5:30pm</p>	<p>31</p> <p>Lunchtime: Youth room 11:45am - 12:30pm Sensory Time : Mp1 10:00am - 12:00pm Badminton: Gym 1 4:30pm - 5:30pm</p>				

Email: Jennifer.obeng@ymcocalgary.org