

MONTH: April

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 |
|---|--|---|--|---|-------------------------------|
| | | Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Games Night Youth Room 4:30pm - 5:30pm | Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Pickleball: Gym 2 - 4pm - 5pm Youth Activity: Youth room 5:00pm - 6:00pm | No Programs | |
| Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Volleyball: Gym 1 4:30pm - 5:30pm | Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Badminton: Mp1 4:30pm - 5:30pm | Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Games Night Youth Room 4:30pm - 5:30pm | Sensory Time : Mp1 10:00am - 12:00pm Lunchtime: Youth room 12:00 pm - 12:30pm Pickleball: Gym 2 - 4pm - 5pm Youth Activity: Youth room 5:00pm - 6:00pm | Basketball Games: Gym 1 3pm - 4pm Badminton/Table Tennis: MP1/2 4pm - 5pm Open Youth Room 4:00pm - 6:00pm | Family Hub 11:00am-12:30pm |
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Email: Jennifer.obeng@ymcocalgary.org