

# OUTREACH PROGRAMS

FOR AGES 14-25

**APRIL  
2026**



**Shane Homes YMCA at Rocky Ridge**  
11300 Rocky Ridge Rd NW, Calgary, AB T3G 5H3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 *Start of Spring session!		1 Outreach Committee - MP 2 4:30pm-5:30pm Model UN - MP 1 7:00pm-8:30pm	2	3	4
5 Family Hub - Gym 3 11:00am-12:30pm High School Badminton - Gym 2 11:00am-12:30pm Model UN - MP 1 12:00pm-1:30pm High School Volleyball - Gym 2 12:30pm-2:00pm	6	7 Book Club - Library 5:30pm-6:30pm	8 Outreach Committee - MP 2 4:30pm-5:30pm Model UN - MP 1 7:00pm-8:30pm	9	10 Art Night - MP 2 4:00pm-5:30pm High School Intramurals - Gym 3 6:30pm-7:30pm  *Western HS Model UN Conference	11  *Western HS Model UN Conference
12 Family Hub - Gym 3 11:00am-12:30pm High School Badminton - Gym 2 11:00am-12:30pm Model UN - MP 1 12:00pm-1:30pm High School Volleyball - Gym 2 12:30pm-2:00pm	13	14 Book Club - Library 5:30pm-6:30pm	15 Outreach Committee - MP 2 4:30pm-5:30pm Model UN - MP 1 7:00pm-8:30pm	16	17 Art Night - MP 2 4:00pm-5:30pm High School Intramurals - Gym 3 6:30pm-7:30pm	18  *Spring Market *Junior Triathlon
19 Family Hub - Gym 3 11:00am-12:30pm High School Badminton - Gym 2 11:00am-12:30pm Model UN - MP 1 12:00pm-1:30pm High School Volleyball - Gym 2 12:30pm-2:00pm	20	21 Book Club - Library 5:30pm-6:30pm	22 Outreach Committee - MP 2 4:30pm-5:30pm Model UN - MP 1 7:00pm-8:30pm	23	24 Art Night, Bob Ross Painting - MP 2 4:00pm-5:30pm  *Special Event - No Gym Programs	25
26 Family Hub - Gym 3 11:00am-12:30pm High School Badminton - Gym 2 11:00am-12:30pm Model UN - MP 1 12:00pm-1:30pm High School Volleyball - Gym 2 12:30pm-2:00pm	27	28 Book Club - Library 5:30pm-6:30pm	29 Outreach Committee - MP 2 4:30pm-5:30pm Model UN - MP 1 7:00pm-8:30pm	30		

Email: [maddie.sutton@ymcocalgary.org](mailto:maddie.sutton@ymcocalgary.org)