

MONTH: June

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: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Volleyball Gym 1 4:30pm-5:30pm	Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Badminton Gym 1 4:30pm-5:30pm	Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Games Night: Youth Room 4:30pm-5:30pm	Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Pickleball: Gym 2 4:00 pm-5:00pm Open Youth room: 5:00 - 6:00 pm	Basketball: Gym 1 3:00pm-4:00pm Badminton - MP1 4:00 - 5:00 pm Open Youth Room 4:00pm-6:00pm	Rise up: Youth & Young Adults Battle for Recovery Genesis Featured GYM 10 am - 3:00 pm Hosted by Empower to Recover	
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		No Programs Interim Week				
Sensory Time: MP 1 10:00am-12:00pm Volleyball Gym 1 4:45pm-5:30pm	Sensory Time: MP 1 10:00am-12:00pm Badminton MP 1 /Lawn games 4:30pm-5:30pm					



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