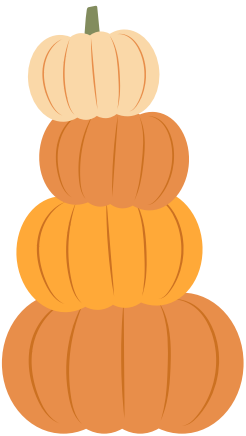


# OUTREACH PROGRAMS

ALL PROGRAMS ARE FOR AGES 14-25



SEPTEMBER  
2026



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



| Monday                                                                                  | Tuesday                                   | Wednesday                                                                                                                   | Thursday | Friday                                                                                                                                     | Saturday | Sunday                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                         | 1<br>Summer Break: No programs this week. | 2                                                                                                                           | 3        | 4                                                                                                                                          | 5        | 6                                                                                                                                                                                            |
| 7<br> | 8                                         | 9<br>Debate Club - MP 1<br>5:30pm-7:00pm<br>Model UN - MP 1<br>7:00pm-8:30pm                                                | 10       | 11<br>Art Night - MP 2<br>4:00pm-5:30pm<br>High School Intramurals - Gym 3<br>6:30pm-7:30pm                                                | 12       | 13<br>3D Printing - MP 2<br>10:00am-11:30am<br>Family Hub - Gym 3<br>11:00am-12:30pm<br>High School Badminton - Gym 2<br>11:00am-12:30pm<br>High School Volleyball - Gym 2<br>12:30pm-2:00pm |
| 14                                                                                      | 15                                        | 16<br>Debate Club - MP 1<br>5:30pm-7:00pm<br>Model UN - MP 1<br>7:00pm-8:30pm                                               | 17       | 18<br>Art Night - MP 2<br>4:00pm-5:30pm<br>High School Intramurals - Gym 3<br>6:30pm-7:30pm                                                | 19       | 20<br>3D Printing - MP 2<br>10:00am-11:30am<br>Family Hub - Gym 3<br>11:00am-12:30pm<br>High School Badminton - Gym 2<br>11:00am-12:30pm<br>High School Volleyball - Gym 2<br>12:30pm-2:00pm |
| 21                                                                                      | 22                                        | 23<br>Outreach Committee - MP 2<br>4:30pm-5:30pm<br>Debate Club - MP 1<br>5:30pm-7:00pm<br>Model UN - MP 1<br>7:00pm-8:30pm | 24       | 25<br>High School Soccer - Gym 3<br>3:00pm-4:30pm<br>Art Night - MP 2<br>4:00pm-5:30pm<br>High School Intramurals - Gym 3<br>6:30pm-7:30pm | 26       | 27<br>3D Printing - MP 2<br>10:00am-11:30am<br>Family Hub - Gym 3<br>11:00am-12:30pm<br>High School Badminton - Gym 2<br>11:00am-12:30pm<br>High School Volleyball - Gym 2<br>12:30pm-2:00pm |
| 28                                                                                      | 29                                        | 30<br>Outreach Committee - MP 2<br>4:30pm-5:30pm<br>Debate Club - MP 1<br>5:30pm-7:00pm<br>Model UN - MP 1<br>7:00pm-8:30pm |          |                                                                                                                                            |          |                                                                                                                                                                                              |

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