



MONTH: **September**
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
	1 No Programs	2 No Programs	3 No Programs	4 No Programs	5
7 No Programs	8 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Badminton Gym 1 4:30pm-5:30pm	9 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Wellness Wednesday: Youth Room 4:00pm-5:00pm	10 Sensory Time: MP 1 10:00 am-12:00 pm Lunchtime: Youth Room 12:00 pmm-12:30 pm Pickleball: Gym 2 4:00 pm-5:00 pm Open Youth room: 5:00 - 6:00 pm	11 Basketball: Gym 1 3:00pm-4:00pm Badminton - MP 1 4:00 - 5:00 pm Open Youth Room 4:00pm-6:00 pm	12 Family Hub center Youth Room 12:00pm-2:00pm
Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Volleyball Gym 1 4:30pm-5:30pm	14 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Badminton Gym 1 4:30pm-5:30pm	15 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Wednesday Wellness: Youth Room 4:00pm-5:00pm	16 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Wellness Wednesday: Youth Room 4:00pm-5:00pm	17 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	18 Basketball: Gym 1 3:00pm-4:00pm Badminton - MP1 4:00 pm - 5:00 pm Open Youth Room 4:00pm-6:00pm
21 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Volleyball Gym 1 4:30pm-5:30pm	22 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Badminton Gym 1 4:30pm-5:30pm	23 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Wellness Wednesday: Youth Room 4:00pm-5:00pm	24 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	25 Special Event: Alberta Cultural Day 4:00 - 7:30pm	26 Special Event: Alberta Cultural Day 1:00 - 4:00pm
28 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Volleyball Gym 1 4:30pm-5:30pm	29 Sensory Time: MP 1 10:00am-12:00pm Lunchtime: Youth Room 12:00pm-12:30pm Badminton Gym 1 4:30pm-5:30pm	30 Sensory Time: MP 1 10:00 am-12:00 pm Lunchtime: Youth Room 12:00 pm-12:30 pm Wellness Wednesday: Youth Room 4:00pm-5:00pm			



Email: Jennifer.obeng@ymcacalgary.org