



MONTH: **October**

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 Pickleball: Gym 2 4:00 pm-5:00pm Open Youth room: 4:00 - 7:00 pm	Basketball: Gym 1 3:00pm-4:00pm Badminton - MP 1 4:00 - 5:00 pm Open Youth Room 4:00pm-6:00 pm	Family Hub center Youth Room 12:00pm-1:00pm
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 HAPPY THANKSGIVING					
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 Wednesday Wellness: Youth Room 4:00pm-6:00pm	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: 4:00 - 7:00 pm	Basketball: Gym 1 3:00pm-4:00pm Badminton - MP1 4:00 pm - 5:00 pm Open Youth Room 4:00pm-6:00pm	Family Hub center Youth Room 12:00pm-1:00pm
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