Foundation

CGY | CALGARY FLAMES GRADE 6 YMCA PROGRAM

Shine On

GRADE 6 YMCA PROGRAM ACTIVITY CALENDAR

GET ACTIVE

BE INDEPENDENT

BECOME A LEADER

BE SOCIALLY RESPONSIBLE

MAKE CONNECTIONS

Shane Homes YMCA

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm	02 Shane Homes YMCA Rocky Ridge Grade 6 Fitness (Cycle #1): 4:30 pm—5:30 pm Youth Leadership Program (Grade 7) 4:30 pm—6:00 pm Youth Leadership Program (Grade 8 & 9) 6:30 pm—8:00 pm	03 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Badminton: 4:30 pm—5:30 pm Grade 6 Esports Lab: 4:30 pm—5:30 pm Grade 6 Climbing A: 5:45 pm—6:45 pm Grade 6 Climbing B: 6:45 pm—7:45 pm Grade 7-9 Stem Club: 5:45 pm—6:45 pm	04 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—7:30 pm Grade 6 Volleyball: 4:30 pm—5:30 pm Grade 6 Creative Night: 5:30 pm—6:30 pm	05 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6-9 Cross Training: 4:15 – 5:00 pm Grade 7-9 Badminton: 4:30 pm—5:30 pm Grade 7-9 Climbing: 5:45 pm—6:45 pm Grade 6 Speech & Debate: 6:00 pm – 7:00 pm	06 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Flames Friday: 4:30 pm—5:30 pm Grade 7-9 Intramurals: 5:30 pm—6:30 pm Grade 10-12 Intramurals: 6:30 pm—7:30 pm	07 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm Grade 6 Art – Dance: 1:00 pm—2:00 pm
08 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm	09 Shane Homes YMCA Rocky Ridge Grade 6 Fitness (Self Defense): 4:30 pm—5:30 pm Youth Leadership Program (Grade 7) 4:30 pm—6:00 pm Youth Leadership Program (Grade 8 & 9) 6:30 pm—8:00 pm	10 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Badminton: 4:30 pm—5:30 pm Grade 6 Esports Lab: 4:30 pm—5:30 pm Grade 6 Climbing A: 5:45 pm—6:45 pm Grade 6 Climbing B: 6:45 pm—7:45 pm Grade 7-9 Stem Club: 5:45 pm—6:45 pm	11 **Remembrance Day (No Programs)**	12 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6-9 Cross Training: 4:15 – 5:00 pm Grade 7-9 Badminton: 4:30 pm—5:30 pm Grade 7-9 Climbing: 5:45 pm—6:45 pm Grade 6 Speech & Debate: 6:00 pm – 7:00 pm	13 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Youth Special Event! Movie Night in the BMO Theatre: 5:30 pm—7:30 pm	14 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm Grade 6 Art – Visual Arts: 1:00 pm—2:00 pm
15 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm	16 Shane Homes YMCA Rocky Ridge Grade 6 Fitness (Strength Circuit): 4:30 pm—5:30 pm Youth Leadership Program (Grade 7) 4:30 pm—6:00 pm Youth Leadership Program (Grade 8 & 9) 6:30 pm—8:00 pm	17 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Badminton: 4:30 pm—5:30 pm Grade 6 Esports Lab: 4:30 pm—5:30 pm Grade 6 Climbing A: 5:45 pm—6:45 pm Grade 6 Climbing B: 6:45 pm—7:45 pm Grade 7-9 Stem Club: 5:45 pm—6:45 pm	18 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—7:30 pm Grade 7-9 Volleyball: 4:30 pm—5:30 pm Grade 6 Creative Night: 5:30 pm—6:30 pm	19 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6-9 Cross Training: 4:15 – 5:00 pm Grade 7-9 Badminton: 4:30 pm—5:30 pm Grade 7-9 Climbing: 5:45 pm—6:45 pm Grade 6 Speech & Debate: 6:00 pm – 7:00 pm	20 Special Event! Melcor YMCA at Crowfoot Grade 6 Basketball Tournament 4:30 pm—6:30 pm Special Event! Melcor YMCA at Crowfoot Grade 7-9 Basketball Tournament 6:30 pm—8:30 pm	21 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm Grade 6 Art - Music: 1:00 pm—2:00 pm
22 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm	23 Shane Homes YMCA Rocky Ridge Grade 6 Fitness (Cycle #2): 4:30 pm—5:30 pm Youth Leadership Program (Grade 7) 4:30 pm—6:00 pm Youth Leadership Program (Grade 8 & 9) 6:30 pm—8:00 pm	24 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Badminton: 4:30 pm—5:30 pm Grade 6 Esports Lab: 4:30 pm—5:30 pm Grade 6 Climbing A: 5:45 pm—6:45 pm Grade 6 Climbing B: 6:45 pm—7:45 pm Grade 7-9 Stem Club: 5:45 pm—6:45 pm	25 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—7:30 pm Grade 6 Volleyball: 4:30 pm—5:30 pm Grade 6 Creative Night: 5:30 pm—6:30 pm	26 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6-9 Cross Training: 4:15 – 5:00 pm Grade 7-9 Badminton: 4:30 pm—5:30 pm Grade 7-9 Climbing: 5:45 pm—6:45 pm Grade 6 Speech & Debate: 6:00 pm – 7:00 pm	27 Shane Homes YMCA Rocky Ridge Grade 6-9 Youth Centre: 3:30 pm—8:30 pm Grade 6 Flames Friday: 4:30 pm—5:30 pm Grade 7-9 Intramurals: 5:30 pm—6:30 pm Grade 10-12 Intramurals: 6:30 pm—7:30 pm	28 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm Grade 6 Art – Dance: 1:00 pm—2:00 pm
29 Shane Homes YMCA Rocky Ridge Open Youth Centre: 9:00 am—6:00 pm	30 Shane Homes YMCA Rocky Ridge Grade 6 Fitness (Yoga): 4:30 pm—5:30 pm Youth Leadership Program (Grade 7) 4:30 pm—6:00 pm Youth Leadership Program (Grade 8 & 9) 6:30 pm—8:00 pm					