

Free Drop-In Programs for Members

Preschool

Ages: 3 to 5 years

You are able to drop off your kids with our well trained and supportive staff to make new friends and learn new games. Feel free to stay and play as well. All children must be signed in and out of drop-in programs. If your child is under the age of 3 years, we ask that the parent stays with their child.

Gym Time

Mondays 9:00–11:00am, Tuesdays 9:00–11:00am
Fridays 9:00–11:00am and Saturdays 9:00–11:00am

Preschoolers have the opportunity to interact with others and increase their gross motor skills and self confidence through participation in games, sports and playing on gym equipment. Parents are welcome to participate. Child must be 3 years of age to stay on their own or parent/caregiver must stay.

Arts and Crafts Time

Wednesdays 9:00–11:00, Thursdays 9:00–11:00

This drop in program will provide the opportunity for your child to create works of art! Each week there will be a different theme and will offer a range of different craft projects. Child must be 3 years of age to stay on their own or parent/caregiver must stay.

Family Time

Ages: All ages.

Mondays 5:30–8:00pm

From sports to games, your whole family will love this time to be together. The gym will be open for you and your family to drop in to get all your energy out!

Youth Sports

6 to 12 years Tuesdays 4:30–5:15pm

Come on out and play some of your favorite sports or games with one of our YMCA program instructors/volunteer.

Youth Racquetball

7 to 15 years Wednesdays 7:00–8:30pm

Come on out and play some racquetball with your friends and our program volunteer.

Participants need to have completed a session of lessons or know how to play.

Teen Sports

13 to 17 years

Organized game play by sport with a staff or volunteer on hand to assist with making teams and getting games started.

Basketball:	Mondays 8:00–9:00pm
Badminton:	Thursdays 7:00–8:00pm
Volleyball:	Thursdays 8:00–9:00pm



Family Water Games

Sundays 1:30–2:30pm

Participants are introduced to different water games each week in the small Pool. Come on out and have some fun playing as a family. No swimming skills are required and the games will be adapted to meet the age and skill levels of all the participants. Try volleyball, water polo, Marco polo, basketball and other family centered water games

Members Included

Non-Members Family Day Pass Fee

Youth Water Games

Saturdays 5:00–6:00pm

Did you know you can fit a whole person inside a bathing cap? Have a game you like to play? We can adapt it to the pool. We will try underwater hockey, ultimate, volleyball and other fun water games. Bring your friends and have some fun. Last one in is a rotten egg.

Members Included

Non-Members Youth Day Pass Fee

Splash Time

Have you tried our water walkway or inflatable slide? This adventure equipment is available to all at the following times.

Mondays 6:30–7:30pm, Wednesdays 6:30–7:30pm,
Fridays 7:00–9:00pm, Saturdays and Sundays 2:30–5:00pm

Adult Sports (18+) – Land

Organized game play by sport with a staff or volunteer on hand to assist with making teams and getting games started.

Basketball:	Mondays 9:00–10:30pm
Badminton:	Thursdays 7:00–8:00pm
Volleyball:	Thursdays 9:00–10:30pm

Water Running

Tired of the treadmill? Running on the road grinding you down? Try deep water running in the pool. This workshop is offered on the last Friday of each month from 6:15–7:00pm. Come on in and run against the resistance of 185000 gallons of water.

