



Cheam Leisure Centre

Child, Youth and Family Schedule



March 30 - June 28 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Childminding (D) 8:30am-11:00am <i>Childminding Room</i>		Childminding (D) 8:30am-11:00am <i>Childminding Room</i>	Childminding (D) 8:30am-11:00am <i>Childminding Room</i>	School's Out! Kids* (A) 9:00am-1:00pm <i>Party Room 2</i>	Gym Birthday Party (R) 11:30am-1:30pm <i>Party Room 1</i>	Indoor Family Playground (D) 8:00am-10:45am <i>South Gym</i>
		Indoor Family Playground (D) 9:30am-12:00pm <i>South Gym</i>				
Afternoon						
	Active Kids (A) 4:00pm-5:15pm <i>South Gym</i>		Indoor Family Playground (D) 2:15pm-4:45pm <i>South Gym</i>		Pool Birthday Party (R) 2:30pm-4:30pm <i>Party Room 2</i>	Pool Birthday Party (R) 2:30pm-4:30pm <i>Party Room 2</i>
	Growing Mindfully (A) 5:00pm-7:00pm <i>Multipurpose Room</i>					
Evening						
	Childminding (D) 5:30pm-8:00pm <i>Childminding Room</i>		Childminding (D) 5:30pm-8:00pm <i>Childminding Room</i>	Pool Birthday Party (R) 6:30pm-8:30pm <i>Party Room 2</i>	Gym Birthday Party (R) 4:30pm-6:30pm <i>Party Room 1</i>	Gym Birthday Party (R) 2:00pm-4:00pm <i>Party Room 1</i>

Guide: Drop-in (D), Registered Activity (A), Reservation Required (R)

*School's Out! Kids runs on the Pro-D days of April 24, May 15, and May 29

To register for Active Kids, School's Out! Kids, or reserve a birthday party please visit: <https://www.gv.ymca.ca/cheam-leisure-centre>

To register for Growing Mindfully please e-mail: mentalwellness@bc.ymca.ca

This schedule is subject to change, please contact 604-824-0231 for any schedule inquiries

Cheam Leisure Centre

Child, Youth and Family Programs Guide

PROGRAM NAME	AGE	DESCRIPTION
Active Kids	8-12 years	In YMCA Active Kids, activities are well structured, positive and fun, and concentrate on developing the ABC's - agility, balance, coordination and speed. Registered Activity
Birthday Party - Gym	2+ years	Get active celebrating your child's birthday in our gymnasium! Choose between sports and mini gym. Sports includes equipment for basketball, soccer, and hockey. Mini gym includes soft play equipment, slides, ride on toys and a parachute. Geared towards children turning 2 and older for up to 14 guests. All parties require a minimum of 3 adults present for supervision. Reservation required 21 days in advance
Birthday Party - Pool	7+ years	Make a splash celebrating your child's birthday party at the Pool! Includes swimming, private rea on the pool deck (Chilliwack Landing) or birthday party room (Cheam). Geared towards children turning 7 and older, for up to 12 guests. All parties require a minimum of 3 adults present for supervision. Reservation required 21 days in advance
Childminding	3 months – 10 years	YMCA Childminding is available for children ages 3 months – 10 years for parents/guardians to enjoy a workout or meet a friend – child free! Children 3 months to 18 months can stay a maximum of 1 hour; children 19 months to 10 years can stay a maximum of 2 hours. Parent/Guardian must remain in the building.
Growing Mindfully	8-12 years	A 9-week program for ages 8-12 featuring 1 hour of mental wellness discussion focused on mindfulness followed by 1 hour of physical activity and exercise. Registered activity
Indoor Family Playground	0-9 years	Equipment and toys are set up in the gymnasium for families to play physically active games together, climb on the soft play equipment, play sports and more; perfect for building gross motor skills. Parent/guardian participation required.
School's Out! Kids	5-10 years	School's Out! Kids is a half day (9:00am-1:00pm) program designed to keep your children busy and active on a Pro-D day. During the programs children will participate in games, crafts and outdoor activities. Registered activity