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YMCA Location	Program Name	Description
Oakville Family YMCA	Ignite, event	From June 16-21, 2025, we will offer around 8 sessions led by specialized coaches, ensuring accessibility for all ages and stages.
Sault Ste. Marie YMCA	SwimSmart 101: From Campus to Coast	This program provides instructor-led swimming lessons and water safety education, equipping participants with the knowledge to prevent accidents and how to respond / assist in water emergencies.
The YMCA of Southeastern Alberta Association	YMCA River Run	An annual run in support of the YMCA's Strong Kids campaign. Run options include 3 km, 5 km, 10 km, or half marathon.
Cheam Leisure Centre	Cheam Leisure Centre Community Open House	On June 1, 2025, guests can participate in a variety of organized and non-organized activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Tong Louis YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Bettie Allard YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Bob Chan-Kent Family YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Robert Lee YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Kamloops YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.



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John Tod YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Prince George YMCA	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Chilliwack Landing Leisure Centre	YMCA Community Open House	On June 1st, 2025, guests can participate in a variety of activities, including fitness classes, sports activities, open swim times, working out in the weight room and much more.
Chilliwack Rotary Pool	YMCA Community Open House	On June 1st, 2025, guests can take part in a range of aquatic activities, including open swim sessions and water-based fitness classes.
Vanderhoof Aquatic Centre	YMCA Community Open House	On June 1st, 2025, guests can take part in a range of aquatic activities, including open swim sessions and water-based fitness classes.
YMCA BC	Y@HOME+ FREE Fitness Challenge	Free 30-day virtual fitness challenges for participants across Canada! These will be self-directed, on-demand challenges using our workout videos and tracking guide. For more information, please visit YMCA@Home .
Langara Family YMCA	YMCA Community Open House	On June 1 st , guests can participate in a variety of organized and non-organized activities, including fitness classes, sports activities, open swim, working out and much more.
YMCA Brandon	YMCA Open House	Free Try the Y Pass where anyone can come and try the Y for Free. Offering additional Programming in our Fitness Department running classes from 9 am - 4 pm. Participants will also be able to attend Open Gym, Public Swim, Lap Swim our Family Bouncer Program and Participate in the Fitness Centre.
YMCA Northumberland	Rainbow Run	A fun and inclusive event for all ages celebrating the LGBTQ+ community! Participants can register to run, walk, or roll along their chosen 2.5km or 5km course. The event features a warm-up stretch, the main run, and engaging games in the park.



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YMCA of Cape Breton	YMCA Youth Expo	On June 14, 2025, this event will have opportunities to participate in trial versions of the programs we offer, plus each participant will receive a trial pass to return to the YMCA and information on other programs that are available to them throughout the community.
YMCA of Central East Ontario	Ability Day at the YMCA	These activity days will include wheelchair basketball, volt hockey and adaptive swim programs.
YMCA of Cumberland	Summer Kick-Off Event	Will feature a family fun run and an afternoon filled with sports and activities. In the weeks leading up to the event, the YMCA will offer learn-to-run and physical activity sessions.
YMCA of Fredericton	Healthy Kids Day	Free event that invites the community to participate in a day of active fun at the Fredericton YMCA. Children of all ages can participate in swimming, pickleball, gymnastics demos, youth sports demos, family fitness classes and more!
Welland YMCA Niagara	Power Up Niagara Swim to Survive	This program aims to provide essential swimming education and water safety training, addressing the critical need to reduce drowning incidents.
Grimsby YMCA of Niagara	Power Up Niagara Swim to Survive	This program aims to provide essential swimming education and water safety training, addressing the critical need to reduce drowning incidents.
Port Colbourne YMCA	Power Up Niagara Swim to Survive	This program aims to provide essential swimming education and water safety training, addressing the critical need to reduce drowning incidents.
YMCA of Northeast Avalon Inc.	YMCA Shine On Open House	The event(s) on June 1, 2025, will showcase all of health, fitness and aquatics programs and services at the branch and online.
Castle Downs Family YMCA	YMCA Open House	On June 1, activities will include guided family fitness, interactive fitness demonstrations, recreational swimming, sports and more!
Don Wheaton Family YMCA	YMCA Open House	On June 1, activities will include guided family fitness, interactive fitness demonstrations, recreational sports and more!
YMCA of Northern Alberta	Jamie Platz Family YMCA Open House	On June 1, activities will include guided family fitness, interactive fitness demonstrations, recreational swimming, sports and more!



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YMCA of Northern Alberta	William Lutsky Family YMCA Open House	On June 1, activities will include guided family fitness, interactive fitness demonstrations, recreational swimming, sports and more!
YMCA of Owen Sound Grey Bruce	Explore the Scenic Trail from Harrison Park to Inglis Falls	Guided 7 km hike invites newcomers and community members to discover the beauty of Grey Bruce. This adventure includes birdwatching, lush greenery, and opportunities for relaxation.
YMCA of Pictou County	Inclusive Swim trips for School Learning Centres	The Inclusive Swim Trip is an initiative that provides disabled children with the opportunity to enjoy a day of swimming at the YMCA with their learning centre classes.
YMCA of Saskatoon	Vibrant Motion	The program will be designed to integrate various forms of exercises, ranging from strength training and cardio workouts to mindfulness.
YMCA of Simcoe/Muskoka	YMCA Community Days - Collingwood	Free passes on Saturdays and Sundays in June at Health, Fitness, and Aquatics centres with the YMCAs in the Simcoe/Muskoka region. Activities will include fitness classes, individual conditioning, open swims, lane swims, and more.
YMCA of Simcoe/Muskoka	YMCA Community Days - Innisfil	Free passes on Saturdays and Sundays in June at Health, Fitness, and Aquatics centres with the YMCAs in the Simcoe/Muskoka region. Activities will include fitness classes, individual conditioning, open swims, lane swims, and more.
YMCA of Simcoe/Muskoka	YMCA Community Days - Gravenhurst	Free passes on Saturdays and Sundays in June at Health, Fitness, and Aquatics centres with the YMCAs in the Simcoe/Muskoka region. Activities will include fitness classes, individual conditioning, open swims, lane swims, and more.
YMCA of Simcoe/Muskoka	YMCA Community Days - Midland	Free passes on Saturdays and Sundays in June at Health, Fitness, and Aquatics centres with the YMCAs in the Simcoe/Muskoka region. Activities will include fitness classes, individual conditioning, open swims, lane swims, and more.
YMCA of Simcoe/Muskoka	YMCA Community Days Wasaga Beach	Free passes on Saturdays and Sundays in June at Health, Fitness, and Aquatics centres with the YMCAs in the Simcoe/Muskoka region. Activities will include fitness classes, individual conditioning, open swims, lane swims, and more.



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YMCA of Southwest Nova Scotia	Connecting Community through Physical Movement	Free events such as: Girls Basketball; LGBTQIA2S+ multi-sport; Family Hike on the Trail; Family Fun Day in the gym; Pickleball for Juniors & Seniors; Family Walk the Indoor Track; Multi-Street Sports for all Ages; etc.
YMCA of Southwestern Ontario	Free Sports for Newcomer Youth in London	Free sport and recreation sessions to our London participants -- young people who are new to Canada, ages 12-24. This will include sports and recreational activities such as skating/hockey, softball/baseball, cricket, disc golf, and DrumFIT.
YMCA of Southwestern Ontario	Youth Basketball at Chatham-Kent YMCA	Free organized basketball program, including games and a final tournament. The program will be led by trained YMCA staff. Three times per week throughout June, youth (ages 13-17) will participate in healthy activities, learn and develop their basketball skills.
YMCA of Southwestern Ontario	Family Fun Fridays at Sarnia-Lambton YMCA Jerry McCaw Family Centre	Free drop-in sports and recreation programming. This will include Family Open Gym from 4:30-6:00 pm, which is unstructured time in the gymnasium; and Family Swim from 6:00-7:30 pm, when family members can enjoy swimming in the indoor pool
YMCA of Southwestern Ontario	Free Sports for Newcomer Youth in Sarnia	Free sport and recreation sessions young people who are new to Canada, ages 12-24. This will include sports and recreational activities such as beach volleyball, swimming, and soccer.
YMCA of Southwestern Ontario	Introduction to Swimming at Centre Branch YMCA (London)	Free Introduction to Swimming program designed specifically for people who are new to Canada, ages 13 and up. Each session will be led by certified Swim Instructors.
YMCA of Western NL	Pickleball Learn to Play	Beginner-friendly program designed to introduce new players to the basics of pickleball. Participants will learn rules, scoring, and essential techniques through guided instruction and fun drills.
YMCA Québec	Bouge, Respire, Réussis - Sport et Bien-être en Une Journée	Cette journée complète, organisée au YMCA, allie activité physique et bien-être psychoéducatif pour sensibiliser les jeunes aux bienfaits du sport sur la gestion du stress et la santé mentale. Ils participeront à des cliniques sportives



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		<p>interactives, découvrant des disciplines variées comme le yoga, la boxe non compétitive et des exercices de respiration active. La journée se conclura par une grande fête sportive, réunissant des activités au gymnase, en salle d'entraînement et à la piscine, encourageant le plaisir du mouvement et l'adoption d'un mode de vie actif.</p>
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