

# May 2026 Family Resource Network

Clareview Recreation Centre (3804 139 Ave) - Entrance 3

## MONDAY

Family Time Drop-In  
C5 ECD Space  
Ages 0-6  
9:00 am-12:00 pm

Parent and Tot Swim  
Children ages 0-6  
Must attend with 18+  
10:00 am-2:00 pm

YASP Brave Space  
C5 Youth Room  
Ages 11+  
3:30 pm-5:30 pm

YASP- C5 Sports  
Performance Program-  
CO ED-MP4  
4:00 pm-5:45 pm

## TUESDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-3:30 pm  
Ages 0-6

YASP Tutoring  
C5 Meeting Rm B  
Ages 8+  
4:00 pm-5:00 pm

C5/Men's Shed  
Ages 18-24  
Meeting Rm B  
10:00 am -1:00 pm

Health for Two  
1:00 pm-3:30 pm  
FRN Space

YASP Get Coached  
MP2 Ages 8+  
4:00 pm-6:30 pm

Power In you- For Girls  
MP1  
Ages 12+  
6:15 pm -7:40 pm

## WEDNESDAY

C5 Jumping Gym  
Indoor Playground  
9:30 am-12:30 pm  
Ages 0-6

Free Mental Health  
Counselling  
Wednesday Drop In  
9:00 am-4:00 pm

Senior Coffee  
Youth Room  
10:00 am-12:30 pm

Parent and Tot Swim  
10:00 am-2:00 pm  
Children ages 0-6  
Must attend with 18+

Stem Heros+  
3:30pm-5:30pm  
Mix of Sites  
ages 12+

## THURSDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-12:00 pm  
Ages 0-6

Free Mental Health  
Counselling  
Appointment ONLY  
9:00 am-4:00 pm

YASP Youth Zone  
Drop In Ages 11+  
MP4 space  
12:30 pm-4:00 pm

YASP Indigenous  
Creative Corner  
Meeting Room B  
4:00 pm-5:00 pm

Clareview Youth  
Pod Cast  
Registered  
Co-Ed Ages 14+  
4:00 pm- 6:00 pm

## FRIDAY

Family Time Drop-In  
C5 ECD Space  
9:00 am-11:00 am  
Ages 0-6

Parent and Tot Swim  
10:00 am-2:00 pm  
Children ages 0-6  
Must attend with 18+

YASP Sports Explorer  
Gym 2A Ages 11+  
3:30 pm-5:30 pm

YASP  
Community Connections  
( Family Night)  
MP2 All Ages  
4:00 PM-6:00 PM

Clareview Youth  
Pod Cast  
Registered  
Co-Ed Ages 14+  
4:00 pm-6:00 pm

Office Hours:  
Mondays- Friday:  
9:00 am-4:00 pm

C5 Hosting Clareview Youth Night  
May 8<sup>th</sup> - JD Broco

Mothers Day High Tea-  
May 11<sup>th</sup> - Registration ONLY

Visit our Website for more  
Information  
[WWW.C5YEG.CA](http://WWW.C5YEG.CA)



Closed - May 18th Victoria Day