



Chilliwack Family YMCA
We build strong kids,
strong families, strong communities.

Chilliwack Family YMCA Cheam Centre

Gymnasium Schedule April 28- June 29 2008

North Gymnasium						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.S.U. 7:30-8:30 am	A.S.U. 7:00-8:30 am	Open Gym 6:00-9:30 am	A.S.U. 7:00-8:30 am	A.S.U. 7:00-8:30 am	Open Gym 8:00-9:30 am	
Open Gym 8:30 am-10:00 am	Total Body Conditioning ³ 9:15-10:15 am	Tumble Time 1 10:00-10:45 am	Open Gym 8:30-10:00 am	Total Body Conditioning ³ 9:15-10:15 am	Soccer 4 You & Me <i>Registered</i> 9:00-9:45 am	
Senior Soccer 10:00-11:30 am	YMCA Preschool 10:30 -11:30am	Tumble Time 2 11:00-11:45 am	Senior Soccer 10:00-11:30 am	Open Gym 10:30 -12:00 pm	Youth Soccer <i>Registered</i> 10:00-11:00 am	Open Gym 10:00 -1:00 pm
					Teen Soccer <i>Registered</i> 11:00 am-12:00 pm	
Lunch Bunch Sports 12:00-1:00 pm	Sto:Lo Gym Time 12:30-1:30 pm	Lunch Bunch Sports 12:00-1:00 pm	Sto:Lo Gym Time 12:30-1:30 pm	Lunch Bunch Sports 12:00-1:00 pm	Youth Basketball <i>Registered</i> 12:00-1:00 pm	
Open Gym 1:00-9:00 pm	Open Gym 1:30-4:30 pm	Open Gym 1:00-4:30 pm	Seniors Drop-in Badminton 1:30-3:00 pm	Open Gym 1:00-6:30 pm	Saturday Sizzler 2:00-4:00 pm <i>(Swim available 2-3 pm)</i>	Drop-in Badminton 1:00-2:00 pm
		Open Gym/Rental 4:30-6:30 pm	Open Gym 3:00-4:30 pm		Rental/Open Gym 4:00-6:00 pm	Drop-in Volleyball 2:00-4:00 pm
			Open Gym/Rental 4:30-6:30 pm			
	Open Gym/Rental 4:30-6:30 pm	Open Gym 6:30-10:00 pm	Open Gym 6:30-10:00 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years	Family Night 6:00-8:00 pm	
Rebound Teen Basketball 9:00-10:00 pm	Open Gym 7:30-10:00 pm					

South Gymnasium						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.S.U. 7:30-8:30 am	A.S.U. 7:00-8:30 am	Open Gym 6:00-9:30 am	A.S.U. 7:00-8:30 am	A.S.U. 7:00-8:30 am	Open Gym 8:00-9:00 am	
Open Gym 8:30 -10:00 am	Total Body Conditioning ³ 9:15-10:15 am	Tumble Time 1 10:00-10:45 am	Open Gym 8:30-10:00 am	Total Body Conditioning ³ 9:15-10:15 am	Gymnastics <i>Registered</i> 9:00-11:00 am	
Seniors Soccer 10:00 -11:30 am	Open Gym 10:30-12:30 pm	Tumble Time 2 11:00-11:45 am	Seniors Soccer 10:00 -11:30 am	Gymnastics for you and me 10:45-11:30 am	Lil' Dribblers Basketball 11:15-12:00 pm	Open Gym 10:00-12:00 pm
Lunch Bunch Sports 12:00-1:00 pm	Sto:Lo Gym Time 12:30-1:30 pm	<i>South Gym Unavailable</i>	Sto:Lo Gym Time 12:30-1:30 pm	Tumble Time 11:30-12:15 pm		
Open Gym 1:00-10:00 pm	Open Gym 1:30-3:00 pm			Open Gym 1:30-3:30 pm	Little Sneakers <i>Registered</i> 1:00-2:00 pm	Birthday Parties <i>Registered</i> 12:00-3:00 pm
	Youth Floor Hockey 3:30-4:30 pm	Gymnastics <i>Registered</i> 3:00-6:00 pm	Youth Fit 3:30-4:30 pm	Gymnastics <i>Registered</i> 3:30-6:00 pm	Rental/Open Gym 3:30-6:00 pm	Open Gym 3:00-6:00 pm
	Open Gym 4:00-6:00pm		Open Gym/Rental 4:30-6:30 pm			
	Guys Night Out 6:30-8:30 pm	Open Gym 6:30-10:00 pm	Open Gym 6:30-10:00 pm	Open Gym 6:30-10:00 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years	Family Night 6:00-8:00 pm
Open Gym 9:00-10:00 pm						