



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

Chilliwack Family YMCA Hocking Centre

Gymnasium Schedule April 28- June 29, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00-7:15 am	Open Gym 6:00-9:00 am	Open Gym 6:00-7:15 am	Open Gym 6:00-9:00 am			
Cardiac Care ¹ <i>Consultation Required</i> 7:30-9:00 am		Cardiac Care ¹ <i>Consultation Required</i> 7:30-9:00 am		Cardiac Care ¹ <i>Consultation Required</i> 7:30-9:00 am	Cardiac Care ¹ <i>Consultation Required</i> 7:30-9:00 am	
Fit & Beyond ⁴ 9:15-10:15 am	Tumble Time Parent and Tot Drop in 9:30-10:15am	Fit & Beyond ⁴ 9:15-10:15 am	Better Bones & Balance ² 9:30-10:30 am	Fit & Beyond ⁴ 9:15-10:15 am	Soccer for You & Me <i>Registered</i> 9:00-9:45 am	
Lifestyle Fitness ² 10:30-11:15 am		Lifestyle Fitness ² 10:30-11:15 am		Lifestyle Fitness ² 10:30-11:15 am	Lifestyle Fitness ² 10:30-11:15 am	Little Sneakers <i>Registered</i> 10:00-10:45 am
Stretch Class ² 11:15-12:00 pm	Osteofit ² <i>Consultation Required</i> 11:00-12:00 pm	Stretch Class ² 11:15-12:00 pm	Osteofit ² <i>Consultation Required</i> 11:00-12:00 pm	Stretch Class ² 11:15-12:00 pm	Tumble Time Parent and Tot Drop in 11:00-11:45 am	
Lunch Bunch Sports 12:00-1:15 pm	Lunch Bunch Sports 12:00-1:15 pm	Lunch Bunch Sports 12:00-1:15 pm	Lunch Bunch Sports 12:00-1:15 pm	Lunch Bunch Sports 12:00-1:15 pm	Birthday Parties <i>Registered</i> 12:00-2:00 pm	Birthday Parties <i>Registered</i> 1:00-2:00 pm
Teen sports 1:15-1:45 pm	Teen sports 1:15-1:45 pm	Teen sports 1:15-1:45 pm	Teen sports 1:15-1:45 pm	Teen sports 1:15-1:45 pm		
Open Gym 1:45-3:30 pm	Open Gym 1:45-3:00 pm	Open Gym 1:45-3:30 pm	Open Gym 1:45-4:00 pm	Open Gym 1:15-5:30 pm	Saturday Sizzler 2:00-4:00 pm <i>Swim available</i> 2:00-3:00 pm	Open Gym 2:30-4:00 pm
Youth Soccer (Registered) 3:30-4:30 pm	Floor Hockey <i>Youth Project</i> 3:00-5:00 pm	Youth Basketball (registered) 3:30-4:30 pm				
Kid's Club 4:30-5:15 pm		Tri-Fit ⁴ 6:30-8:00 pm	Open Gym 4:30-6:30 pm	Jazz/Lyrical 5:00-6:00 pm		
Smart Sculpt ³ 5:30-6:20 pm	Youth Project Guys Night Out <i>referral</i> 6:30-8:00 pm			Hike Right ³ 6:30-7:30 pm		
Fusion ³ 7:00-8:00 pm	Open Gym 8:00-9:00 pm	Open Gym 8:00-9:00 pm	Rebound Teen Basketball 7:30-9:00 pm	Freak-out-Friday 6:00-8:00 pm 6-12 years		

Levels
1 = mild
2 = moderate
(low impact)
3 = moderate/
intense
(low/high impact)
4 = Intense

Gentle Yoga

(Adults)

Tuesdays

9:00-10:15 am

#2 March 4-April 22

March 6- April 24

Saturdays

10:00-10:45 am

March 8-April 26

Youth Dance

11 years +

Thursdays

Little Sneakers

(3-5 years)