

Gym Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30am								
6:00am								
6:30am								
7:00am								
7:30am								
8:00am								
8:30am							Family Drop-in Badminton 7:30-9:30am	
9:00am		PARE test 9:00am-12:00pm				I CAN Play Soccer 8:30-10:00am		
9:30am								
10:00am								
10:30am							Youth Basketball 10:00-11:45pm	
11:00am								
11:30am								
12:00pm							PARE Training 11:30-1:00pm	
12:30pm						Youth Badminton 12:00-1:30pm		
1:00pm		West Program 1:00-2:00pm	Foundation Program 1:00-2:00pm					
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm	Multi-Sports 4:00-4:45pm	Youth Badminton 4:00-5:30pm	Indoor Soccer 4:00-4:45pm	Youth Basketball League 4:00-6:00pm	Youth Basketball League 4:00-6:00pm			
4:30pm	Youth Floor Hockey 4:45-5:30pm		Volleyball 4:45-5:45pm					
5:00pm								
5:30pm								
6:00pm								
6:30pm	Karate 6:30-8:30pm		Karate 6:30-8:30pm				Adult Basketball League 4:30 – 9:00pm	
7:00pm								
7:30pm								
8:00pm								
8:30pm				Drop-in Adult Badminton 8:00-10:30pm				
9:00pm			Drop-in Adult Floor Hockey 8:30-10:30pm					
9:30pm								
10:00pm								
10:30pm								

Shaded areas indicate open gym times.
All classes are subject to change without notice.

OPEN GYM ETIQUETTE

Open gym is available to members on a first come first serve basis. To ensure equality, YMCA staff will monitor what type of activity the gymnasium is being used for. Members will have priority over non-members in regards to availability. As this space is for all to share, we encourage everyone to abide by our 4 core values of caring, honesty, respect and responsibility.