



# Gymnasium Schedule

July 4 – September 2, 2022

**FACILITY HOURS** – Mon-Fri: 6:30AM - 8:00PM | Sat: 9:00AM - 3:00PM | Sun: Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM – 9:00AM Adult Open Gym (Ages: 18Y +)	8:00AM – 9:00AM Adult Open Gym (Ages: 18Y +)	8:00AM – 9:00AM Adult Open Gym (Ages: 18Y +)	8:00AM – 9:00AM Adult Open Gym (Ages: 18Y +)	8:00AM – 9:00AM Adult Open Gym (Ages: 18Y +)		<b>CLOSED</b>
9:00AM – 1:00PM Y Neighbourhood Day Camp					9:30AM – 11:30AM Family Badminton ● (Ages: 6Y+)	
1:15PM – 2:45PM Youth Open Gym (Ages: 13Y-17Y)	1:15PM – 2:45PM Youth Open Gym (Ages: 13Y-17Y)	1:15PM – 2:45PM Youth Open Gym (Ages: 13Y-17Y)	1:15PM – 2:45PM Youth Open Gym (Ages: 13Y-17Y)	1:15PM – 2:45PM Youth Open Gym (Ages: 13Y-17Y)	11:45AM – 1:15PM Youth Open Gym (Ages: 13Y-17Y)	
3:00PM – 5:00PM Y Neighbourhood Day Camp					1:30PM – 2:45PM Adult Open Gym (Ages: 18Y+)	
5:30PM – 7:00PM Youth Open Gym (Ages: 13Y-17Y)	5:15PM – 6:15PM Child/Pre-Teen Basketball ● (Ages: 6Y-8Y/ 9Y-12Y)	5:15PM – 6:15PM Child Active Play ● (Ages: 6Y-8Y)	5:30PM – 7:00PM Youth Open Gym (Ages: 13Y-17Y)	5:30PM – 7:00PM Youth Open Gym (Ages: 13Y-17Y)		
	6:15PM – 7:15PM Family Karate – Beginner ●● (Ages: 6Y+)	6:30PM – 7:30PM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+)	6:15PM – 7:15PM Family Karate – Beginner ●● (Ages: 6Y+)			
7:00PM – 8:00PM Adult Open Gym (Ages: 18Y+)	6:15PM – 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+)		6:15PM – 7:45PM Family Karate – Intermediate ●● (Ages: 9Y+)	7:00PM – 8:00PM Adult Open Gym (Ages: 18Y+)		

● Booking required | ●● Registration required

For our Summer session, some children’s classes are bookable (reserved) daily, and/or up to one week in advance, while others require full session registration. To learn more about registering or booking your spot, visit [ymcaywca.ca/schedules](http://ymcaywca.ca/schedules).

Schedule is subject to change.

# Program Descriptions

## **Child Active Play | Ages: 6Y-8Y**

A fun introduction to active play that develops the ABC's of movement – Agility, Balance and Coordination. Building on fundamental movement skills such as running, jumping and throwing, children will be exposed to a variety of sports while learning that physical activity is an exciting part of everyday life. Registration is required.

## **Child / Pre-Teen Basketball**

### **Ages: 6Y-8Y / Ages: 9Y-12Y**

Take part in basketball skill development. Focus is on fun, participation, team work and fair play. Registration is required.

## **Pre-Teen Active Play | Ages: 9Y-12Y**

This program will emphasize the use of fundamental movement skills. Pre-Teens will be exposed to a variety of traditional and unique sports and will put sport specific drills and skills to practice during organized games. Participants will develop skills that are the building blocks for success in sport and life-long enjoyment of physical activity. Registration is required.

## **Family Badminton | Ages: 6Y+**

Take part in badminton skill development drills and pick-up games. Focus is on participation and fun. Equipment is available.

## **Family Karate: Beginner | Ages: 6Y+**

Fun and fitness for the whole family. This beginner Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. No experience required. Families are encouraged to register together. Registration is required.

## **Family Karate - Intermediate | Ages: 9Y+**

Fun and fitness for the whole family. This intermediate Karate course is open to children, youth, adults and families. Students learn respect, self-discipline and self-defense techniques. Yellow belts and above. Families are encouraged to register together. Registration is required.

## **Family Tae Kwon Do - Beginner | Ages: 6Y+**

This introductory course for beginners is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. No experience required. Registration is required.

## **Family Tae Kwon Do – Intermediate | Ages: 9Y+**

This Intermediate (orange and green belts) course is taught by Tae E Lee Tae Kwon Do, an official World Tae Kwon Do Federation program, for parents/guardians with their children. Benefits include increased self-confidence, discipline, concentration, improved fitness and overall wellbeing. Registration is required.

## **Open Gym**

Dedicated open gym time to play and have fun together while establishing a foundation for healthy, active living. Y staff will monitor activity and provide access to a variety of sports equipment.

## **Child and Youth Age and Access Policies**

Children under 10 years must be accompanied by a parent/ guardian who is 16 years or older and remain in the same program space with the parent/guardian at all times (unless child is participating in a Y staff-led program).

Children aged 10-12 years may access facility without a parent, but must complete the free Y Kids Academy program in order to use the conditioning floor unattended. Children 10-12 years can participate in pre-teen programs by signing themselves in and out of programs as long as parents/guardians have completed the Child, Youth and Family Program Sign-In/Out waiver form.

Youth 13 years and older may access facilities, programs and conditioning floor unaccompanied.