



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
6:30AM – 8:30AM Open Gym	6:30AM – 8:30AM Open Gym	6:30AM – 8:30AM Open Gym	6:30AM – 8:30AM Open Gym	6:30AM – 8:30AM Open Gym		CLOSED
8:30AM-10:00AM Y Neighbourhood Day Camp					9:30AM – 11:30AM Family Badminton ● (Ages: 6Y+)	
10:00AM – 11:00AM Licensed Child Care						
11:15AM – 12:45PM Youth Open Gym (Ages: 13Y-17Y)	11:15AM – 12:45PM Adult Open Gym (Ages: 18Y+)	11:15AM – 12:45PM Youth Open Gym (Ages: 13Y-17Y)	11:15AM – 12:45PM Adult Open Gym (Ages: 18Y+)	11:15AM – 12:45PM Youth Open Gym (Ages: 13Y-17Y)	11:45AM – 1:15PM Youth Open Gym (Ages: 13Y-17Y)	
1:00PM-2:30PM Y Neighbourhood Day Camp					1:30PM – 2:45PM Adult Open Gym (Ages: 18Y+)	
2:30PM – 3:30PM Licensed Child Care						
3:30PM-5:00PM Y Neighbourhood Day Camp						
5:15PM – 6:30PM Youth Open Gym (Ages: 13Y-17Y)	5:15PM – 5:45PM Youth Open Gym (Ages: 13Y-17Y)		5:15PM – 5:45PM Youth Open Gym (Ages: 13Y-17Y)	5:15PM – 6:30PM Youth Open Gym (Ages: 13Y-17Y)		
6:30PM – 7:45PM Adult Open Gym (Ages: 18Y+)		5:15PM – 6:15PM Child Indoor Soccer ● (Ages: 6Y-8Y)	6:00PM-7:00PM Pre-Teen Active Play● (Ages: 9Y-12Y)	6:30PM – 7:45PM Open Gym		
	7:15PM-7:45PM Adult Open Gym (Ages: 18Y+)	6:30PM-7:30PM Family Tae Kwon Do ●● (Ages: 6Y+)	7:15PM-7:45PM Adult Badminton ● (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.

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 Indoor Soccer | Ages: 6Y - 8Y

Take part in soccer skill development. Focus is on fun, participation, team work and fair play. Staff will lead children through warm ups and drills to develop fundamental soccer skills. Game oriented activities will be a part of the program. No previous playing experience required. Registration is required.

Family / Adult Badminton | Ages: 6Y+ / 18Y+

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

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 Tae Kwon Do | 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 needed. 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.