



Gymnasium Schedule

September 6 to December 18, 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM - 9:30AM Open Gym	6:30AM - 9:30AM Open Gym	6:30AM - 9:30AM Open Gym	6:30AM - 9:30AM Open Gym	6:30AM - 9:30AM Open Gym		
10:00AM - 11:00AM Child Care					9:00AM - 10:15AM Open Gym	9:30AM - 11:30AM Family Badminton (Ages: 6Y+)
11:30AM - 2:00PM Open Gym	11:30AM - 2:00PM Pickleball ● (Ages: 18Y+) <i>Starts week of Sep. 19</i>	11:30AM - 2:00PM Open Gym	11:30AM - 2:00PM Pickleball ● (Ages: 18Y+) <i>Starts week of Sep. 19</i>	11:30AM - 2:00PM Open Gym	10:30AM - 11:30AM Family Tae Kwon Do – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	11:45AM - 1:45PM Pickleball ● (Ages: 18Y+) <i>Starts week of Sep. 19</i>
2:30PM - 3:30PM Child Care					11:45AM - 1:15PM Youth Open Gym (Ages: 13Y-17Y)	2:00PM - 3:00PM Youth Open Gym (13Y-17Y)
4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	4:00PM - 6:00PM Youth Open Gym - Badminton (Ages: 13Y-17)	4:00PM - 6:00PM Youth Open Gym (Ages: 13Y-17Y)	1:30PM - 3:00PM Adult Open Gym (Ages: 18Y+)	
6:15PM - 7:15PM Family Karate – Beginner ●● (Ages: 6Y+) <i>Starts week of Sep. 19</i>	6:00PM - 7:00PM Child Indoor Soccer ●● (Ages: 6Y-8Y) <i>Starts week of Sep. 19</i>	6:00PM - 7:00PM Child Basketball ●● (Ages: 6Y-8Y) <i>Starts week of Sep. 19</i>	6:00PM - 7:00PM Pre-Teen Indoor Soccer ●● (Ages: 9Y-12Y) <i>Starts week of Sep. 19</i>	6:00PM - 7:00PM Youth Basketball ●● (Ages: 13Y-15Y) <i>Starts week of Sep. 19</i>		
7:30PM - 8:00PM Adult Open Gym (Ages: 18Y +)	7:15PM - 8:00PM Adult Open Gym (Ages: 18Y +)	7:00PM - 8:00PM Pre-Teen Basketball ●● (Ages: 9Y-12Y) <i>Starts week of Sep. 19</i>	7:15PM - 8:00PM Adult Open Gym (Ages: 18Y +)	7:00PM - 8:00PM Youth Basketball●● (Ages: 15Y-17Y) <i>Starts week of Sep. 19</i>		

● Booking required | ●● Registration required

To learn more about registering or booking your spot, visit ymcaywca.ca/schedules.

Schedule is subject to change.

Program Descriptions

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.

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

Child / Pre-Teen /Youth Basketball

Ages: 6Y-8Y / 9Y-12Y / 13Y-17Y

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

Child / Pre-Teen Indoor Soccer

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

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.

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. 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.