

# LANGARA FAMILY YMCA GYMNASIUM SCHEDULE

## Winter

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
		East	West	East	West	East	West	East	West	East	West	East	West	East	West				
		Open Gym only if Cold Weather Shelter is not happening. Call front desk for information. 6am-8am										Closed		Closed					
MORNING		Y Gentle Strength Faye 8:00am-9:00am		Badminton/Pickleball 8:00am-11:00am		Y Gentle Strength Sheila / Maggy 8:00am-9:00am		Badminton/Pickleball 8:00am-9:00am		Y Gentle Strength Cheryl 8:00am-9:00am		Badminton/Pickleball 8:15am-9:45am		Badminton/Pickleball 8:15am-9:45am					
		Badminton/Pickleball 9:00am-11:00am				Badminton/Pickleball 9:00am-11:00am		Drop in Pickleball 9:00am-10:00am		Food Hub 9:30am-12:00pm		Indoor Family Playground 10:00am- 12:00pm 0-12y		Drop in Basketball 10:00am- 2:00pm East Gym		Pickleball 10:00am - 2:00pm West Gym			
		Drop in Pickleball 11:00am-12:00pm		Drop in Pickleball 11:00am-12:00pm		Drop in Pickleball 11:00am-12:00pm		Closed										Active Games 12:00pm - 1:00pm East Gym	
AFTERNOON		Drop in Basketball 12:00pm-1:00pm		Drop in Basketball 12:00pm-1:00pm		Drop in Basketball 12:00pm-1:00pm		Food Hub 11:30am-3:30pm		Closed		Multisports 1:00pm - 2:00pm East Gym		Drop in Basketball 12:00pm - 2:00pm West Gym					
		Closed		Closed		Closed						Drop in Pickleball 2:00pm- 3:00pm		Shape Down Program 2:00pm- 4:00pm		Drop in Basketball 2:00pm-4:00pm		Drop in Basketball 2:15pm- 5:00pm	
		Drop in Pickleball 2:00pm-3:00pm		Drop in Pickleball 2:00pm-3:00pm		Drop in Pickleball 2:00pm-3:00pm						Drop in Basketball 3:00pm-4:30pm		Drop in Basketball 4:00pm- 5:00pm					
		Drop in Basketball 3:00pm-4:30pm		Drop in Basketball 3:00pm-4:30pm		Drop in Basketball 3:00pm-4:30pm		Closed		Drop in Basketball 4:30pm-6:00pm		Closed		Closed					
		Badminton/Pickleball 4:30pm-6:00pm		Badminton/Pickleball 4:30pm-6:00pm		Badminton/Pickleball 4:30pm-6:00pm		Badminton/Pickleball 4:30pm-6:00pm		Badminton/Pickleball 4:30pm-6:00pm		Closed		Closed					
	EVENING		Shotokan Karate 6:30pm-8:30pm		Drop in Basketball 6:15pm-8:45pm		Shotokan Karate 6:30pm-8:30pm		Drop in Volleyball 6:15pm - 8:45pm		Drop in Basketball 6:15pm-8:45pm		Closed		Closed				
			Closed		Closed		Closed		Closed		Closed		Closed		Closed				
		CYF Program schedule, registration and availability are subject to change.  For more information, speak to our Member Experience Representatives.				Please use our YMCA of Greater Vancouver Fitness App to register for our Group Fitness Classes. Drop-in spots are not guaranteed.  Advanced reservations for Table Tennis and Badminton are required.				For our most up-to-date schedules, please visit our website:  <a href="http://gv.ymca.ca">gv.ymca.ca</a>  For more information, speak to our Member Experience Representatives.									
		Langara Family YMCA : 604.324.9622				YMCA of Greater Vancouver: 604.939.9622													