

Langara Family YMCA

Gymnasium Schedule Winter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Morning	- Open to 12	2:00pm		
Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-9:00am Full Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 6:15-7:45am East Gym	Drop in Basketball 8:15-9:00am Full Gym	Drop in Basketball 8:15-9:00am East Gym
Badminton 6:15-7:45am West Gym	Pickleball 1 9:15-11:15am Full gym	Badminton 6:15-7:45am West Gym	Badminton 6:15-7:45am West Gym	Badminton 6:15-7:45am West Gym	Pickleball 9:15-10:45am Full gym	Pickleball 1 9:15-11:15an Full gym
Y Gentle 8:00-9:00am Full Gym	Pickleball 2 11:15-1:15pm Full gym	Y Gentle 8:00-9:00am Full Gym	Y Gentle 8:00-9:00am Full Gym	Y Gentle 8:00-9:00am Full Gym	Drop in Basketball 11:00-1:45pm Full gym	Pickleball 2 11:15-1:15pm Full gym
Pickleball 1 9:15-11:15am Full gym		Pickleball 1 9:15-11:00am Full gym	Pickleball 1 9:15-11:00am Full gym	Food Hub Private event 9:30-12:00pm Full Gym		
Pickleball 2 11:15-1:15pm Full gym		Pickleball 2 11:00-12:45pm Full gym	Pickleball 2 11:00-12:45pm Full gym			
		Afternoon	- 12:00pm to	4:00pm		
Drop in Basketball 1:30-4:15pm Full gym	Drop in Basketball 1:30-4:15pm Full gym	VSB Foundations Private class 1:00-2:00pm Full gym Drop in Basketball 2:15-4:15 Full Gym	Drop in Basketball 1:00-6:30pm Full gym	Drop in Basketball 12:15-4:15pm Full gym	Generation Health Clinic 2:00-4:45pm Full gym	Drop in Basketball 1:30-4:45pm Full Gym
		Evening	g – 4:00pm to	Close		
Drop in Basketball 4:30-6:00pm East Gym	Drop in Basketball 4:30-6:00pm East Gym	Pickleball 3 4:30-6:00pm Full gym	Drop in Soccer 6:45-8:45pm Full Gym	Drop in Basketball 4:30-6:00pm East Gym		
Badminton 4:30-6:00pm West Gym	Badminton 4:30-6:00pm West Gym	Shotokan Karate 6:30-8:30pm Full Gym		Badminton 4:30-6:00pm West Gym		
hotokan Karate 6:30-8:30pm Full Gym	Drop in Basketball 6:15-8:30pm Full gym			Drop in Basketball 6:15-8:30pm Full Gym		

All programs except basketball require registration. Please visit front desk to learn more

This schedule is subject to change without warning

Please allow 15 minutes for set up and take down times