

# LANGARA FAMILY YMCA GYMNASIUM SCHEDULE

## JULY

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		East	West	East	West	East	West	East	West	East	West	East	West	East	West
MORNING		Badminton/Table Tennis 6:15am-7:45am		Badminton/Table Tennis 6:15am-10:00am		Badminton/Table Tennis 6:15am-7:45am		Badminton/Table Tennis 6:15am-9:15am		Badminton/Table Tennis 6:15am-7:45am		Closed		Closed	
		Y Gentle Strength Faye 8:00am-9:00am				Y Gentle Strength Sheila 8:00am-9:00am				Y Gentle Strength Cheryl 8:00am-9:00am		Badminton/Table Tennis 8:00am-9:30am		Badminton/Table Tennis 8:00am-12:30pm	
		Badminton/Table Tennis 9:15am-11:30am				Member Coffee Hour! 9:00am-10:00am		Open Gym 9:30am-11:15am		Food Hub 9:30am-12:00pm		Indoor Family Playground *Parental Supervision Required 10:00am-12:00pm			
	Open Gym 11:45am-12:45pm		Open Gym 10:15am-12:45pm		Open Gym 10:15am-12:45pm		Closed				Badminton/Table Tennis 12:30pm-2:45pm				
AFTERNOON		Closed		Closed		Closed		Food Hub 11:30am-3:30pm		Closed		Open Gym 3:00pm-4:45pm		Open Gym 12:45pm-4:45pm	
		Open Gym 3:00pm-4:30pm		Open Gym 3:00pm-4:30pm		Open Gym 3:00pm-4:30pm		Closed		Open Gym 3:00pm-4:30pm		Open Gym 3:00pm-4:45pm			
		Badminton/Table Tennis 4:30pm-6:00pm		Badminton/Table Tennis 4:30pm-6:00pm		Badminton/Table Tennis 4:30pm-6:00pm		Badminton/Table Tennis 4:30pm-6:00pm		Badminton/Table Tennis 4:30pm-6:00pm		Closed		Closed	
EVENING		Shotokan Karate 6:30pm-8:30pm		Open Gym 6:15pm-8:45pm		Shotokan Karate 6:30pm-8:30pm		Open Gym 6:15pm-8:45pm		Open Gym 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									