

LANGARA FAMILY YMCA GYMNASIUM SCHEDULE

Fall

| | | 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 8:00am-9:00am | | Badminton & Pickleball 8:00am-9:30am | | Y Gentle Strength Cheryl 8:00am-9:00am | | Badminton & Pickleball 8:15am-9:45am | | Badminton & Pickleball 8:15am-9:45am | | | |
| | | Badminton & Pickleball 9:15am-11:30am | | Drop in Basketball 11:00am-12:45pm | | Badminton & Pickleball 9:15am-11:30am | | Drop in Basketball 9:30am-11:15am | | Food Hub 9:30am-12:00pm | | Indoor Family Playground 10:00am-12:00pm 0-12y | | Open Gym 10:00am-2:00pm East Gym | | | |
| | | Drop in Basketball 11:45am-12:45pm | | | | Drop in Basketball 11:45am-12:45pm | | Closed | | | | Active Games 12:00pm - 1:00pm East Gym | | | | Pickleball 12:00pm - 2:00pm West Gym | |
| AFTERNOON | | Closed | | Closed | | Closed | | Food Hub 11:30am-3:30pm | | Closed | | Multisports 1:00pm - 2:00pm East Gym | | Badminton 10:00am - 2:00pm West Gym | | | |
| | | 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 | | Drop in Basketball 2:15pm- 5:00pm | | Drop in Basketball 2:15pm- 5:00pm | | | |
| | | Badminton & Pickleball 4:30pm-6:00pm | | Badminton & Pickleball 4:30pm-6:00pm | | Badminton & Pickleball 4:30pm-6:00pm | | Badminton & Pickleball 4:30pm-6:00pm | | 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 Basketball 6:15pm-8:45pm | | Drop in Basketball 6:15pm-8:45pm | | | | | | | |
| | | 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: gv.ymca.ca For more information, speak to our Member Experience Representatives. | | | |
| | | Langara Family YMCA : 604.324.9622 | | | | | | YMCA of Greater Vancouver: 604.939.9622 | | | | | | | | | |