

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-10:00am		Y Gentle Strength Sheila / Maggy 8:00am-9:00am		Badminton & Pickleball 8:00am-10:00am		Y Gentle Strength Cheryl 8:00am-9:00am		Drop-in Pickleball 8:15am-9:45pm East & Centre Gym		Badminton 8:15am-9:45pm West Gym		Drop-in Pickleball 8:15am-9:45pm East & Centre Gym		Badminton 8:15am-9:45pm West Gym	
	Drop-in Pickleball 9:15am-11:15am East & Centre Gym	Badminton 9:15am-11:15am West Gym		Drop-in Pickleball 9:15am-11:15am East & Centre Gym		Badminton 9:15am-11:15am West Gym		Drop-in Basketball 10:15am-11:15am		Food Hub 9:30am-12:00pm		Indoor Family Playground 12:00pm-10:00am 0-12y				Drop-in Pickleball 9:45am-12:00pm	
	Drop-in Pickleball 11:15am-12:00pm		Drop-in Pickleball 10:00am-12:00pm		Drop-in Pickleball 11:15am-12:00pm		Closed		Drop-in Basketball 12:15pm-1:00pm			Drop-in Pickleball 12:15pm-1:45pm East & Centre Gym		Badminton 12:15pm-1:45pm West Gym			
	Drop-in Basketball 12:15pm-1:00pm		Drop-in Basketball 12:15pm-1:00pm		Drop-in Basketball 12:15pm-1:00pm		Badminton 11:15am-12:45pm		Food Hub 11:30am-3:30pm West Gym		Drop-in Basketball 12:15pm-1:00pm		Drop-in Basketball 12:15pm-1:45pm West Gym		Drop-in Basketball 12:15pm-4:45pm		
	Closed		Closed		Closed		Closed				Closed		Shape Down Program 2:00pm-4:00pm				Drop-in Basketball 2:00pm-4:00pm
	Drop-in Basketball 2:00pm-4:15pm		Drop-in Basketball 2:00pm-4:15pm		Drop-in Basketball 2:00pm-4:15pm		Drop-in Pickleball 2:00pm-4:15pm		Closed		Drop-in Basketball 2:00pm-4:15pm		Drop-in Basketball 4:00pm-4:45pm				
	Badminton & Pickleball 4:30pm-6:00pm		Drop-in Pickleball 4:30pm-6:00pm East & Centre Gym		Badminton 4:30pm-6:00pm West Gym		Badminton & Pickleball 4:30pm-6:00pm		Drop-in Pickleball 4:30pm-6:00pm East & Centre Gym		Badminton 4:30pm-6:00pm West Gym		Drop-in Pickleball 4:30pm-6:00pm East & Centre Gym		Badminton 4:30pm-6:00pm West Gym		
	Shotokan Karate 6:30pm-8:30pm		Drop-in Basketball 6:15pm-8:45pm		Shotokan Karate 6:30pm-8:30pm		Drop-in Basketball 6:15pm-7:15pm		Drop-in Soccer 7:30pm-8:45pm		Drop-in Basketball 6:15pm-8:45pm		Closed				
	Closed		Closed		Closed		Closed				Closed						
	AFTERNOON																
EVENING																	
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, Badminton and Pickleball 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											