



Child, Youth & Family Schedule
Langara Family-YMCA

Spring 2023

[GreaterVanYMCA](#)

Saturday-Gym

Indoor Family Playground
10:00am - 12:00pm
0 - 12 yrs

Full Gymnasium

MORNING

AFTERNOON

EVENING

We will not be offering Child, Youth & Family programs from Monday to Friday (except for Karate on Mon & Wed night from 6:30pm-8:30pm)



Parents/Caregivers must provide staff with all medical and allergy information for Children and Youth

Drop-In Programs - Included in membership

3/14/2023

Registered Programs - See Front Desk for Information

Schedule is Subject to Change

Indoor Family Playground

0-12 yrs - For families, the Gymnasium will be open for families with children to have a place to play & bond together. We will supply our Bouncy Castle and some pieces of sport equipment for families to enjoy!
 Parental Supervision Required

Karate

7+ - Karate is taught by trained instructors of Downtown Shotokan Karate. Please go to dskdojo.com for more information. For registration go to gv.ymca.ca and register through Community Portal.