

LANGARA FAMILY YMCA GYMNASIUM SCHEDULE

SEPTEMBER

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		East	West	East	West	East	West	East	West	East	West	East	West	East	West
M O R N I N G	6:00am	Drop-in Basketball 6:15am - 7:45am	<u>Reserved</u> Badminton 6:15am - 7:45am	Drop-in Basketball 6:15am - 7:45am	Drop-in Basketball 6:15am - 7:45am	<u>Reserved</u> Badminton 6:15am - 7:45am	Drop-in Basketball 6:15am - 11:00am	<u>Reserved</u> Pickleball 6:15am - 8:15am	Drop-in Basketball 6:15am - 7:45am	<u>Reserved</u> Badminton 6:15am - 7:45am	Closed	Closed	Closed	Closed	
	7:00am														
	8:00am	Y-Gentle Strength - 8:00am - 9:00am		Drop-in Pickleball Group Play 8:00am - 12:15pm	Y-Gentle Strength - 8:00am - 9:00am		Drop-in Basketball 8:30am - 11:00am	Y-Gentle Strength - 8:00am - 9:00am		Drop-in Basketball 8:15am - 9:00am	<u>Reserved</u> Badminton 8:15am - 9:00am	Drop-in Basketball 8:15am - 9:00am	<u>Reserved</u> Badminton 8:15am - 9:00am		
	9:00am														
	10:00am	Drop-in Pickleball Group Play 9:15am - 12:15pm	Drop-in Pickleball Group Play 9:15am - 12:15pm		Drop-in Basketball 8:30am - 11:00am	Food Hub 9:30am - 12:00pm		Drop-in Pickleball Group Play 9:15am - 12:15pm	Drop-in Pickleball Group Play 9:15am - 12:15pm						
	11:00am														
	12:00pm			Closed	<u>Reserved</u> Badminton 11:15am - 3:45pm	Food hub 11:30am - 3:30pm	Drop-in Basketball 12:15pm - 2pm	Drop-in Basketball 12:30pm - 4:15pm	Drop in Basketball 2:00pm-4:00pm	Shape Down Program 2:00pm-4:00pm	Drop-in Basketball 12:30pm - 4:30pm				
	1:00pm	Drop-in Basketball 12:30pm - 4:15pm	Drop-in Basketball 12:30pm - 4:15pm	Drop-in Basketball 2:15pm - 4:15pm								Drop-in Basketball 12:15pm - 4:15pm	Drop in Basketball 2:00pm-4:00pm	Shape Down Program 2:00pm-4:00pm	Drop-in Basketball 12:30pm - 4:30pm
	2:00pm														
	3:00pm														
4:00pm															
5:00pm	Drop-in Basketball 4:30pm - 6:00pm	<u>Reserved</u> Pickleball 4:30pm - 6:00pm	Drop-in Basketball 4:30pm - 6:00pm	<u>Reserved</u> Badminton 4:30pm - 6:00pm	Drop-in Pickleball 4:30pm - 6:00pm	Drop-in Basketball 4:30pm - 6:00pm	<u>Reserved</u> Pickleball 4:30pm - 6:00pm	Drop-in Basketball 4:30pm - 6:00pm	<u>Reserved</u> Badminton 4:30pm - 6:00pm						
6:00pm															
7:00pm	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 Basketball 6:15pm - 8:45pm			Closed	Closed			
8:00pm							Drop-in Soccer 7:30pm-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 reserve for our Group Fitness Classes. Drop-in spots are not guaranteed. Advanced reservations for reserved 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									