

# Gymnasium Schedule

Effective: Jan 3, 2023



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**9:00 am-2:45 pm**  
Open Gym

**3:00-4:30 pm**  
Adult Volleyball

**6:00-8:45am**  
Open Gym

**9:00-2:00pm**  
Pickleball

**2:00-6:00pm**  
Open Gym

**6:15-7:15pm**  
Youth Volleyball

**7:30-8:30pm**  
Advanced  
Volleyball

**8:30-9:30pm**  
Open Gym

**6:00-8:45am**  
Open Gym

**9:00-11:45am**  
Pickleball

**12:00-2:00pm**  
Reserved

**2:00-4:45pm**  
Open Gym

**5:00-6:00pm**  
FUNdamentals  
Basketball

**6:15-7:15pm** All  
Sorts of Sports

**7:30-9:30pm**  
Open Gym

**6:00-8:45am**  
Open Gym

**9:00-2:00pm**  
Pickleball

**2:00-9:30pm**  
Open Gym

**6:00-9:45am**  
Open Gym

**10:00-11:00am**  
Childcare

**11:15-11:45am**  
Open Gym

**12:00-2:00pm**  
Reserved

**2:00-4:45pm**  
Open Gym

**5:00-6:00pm**  
FUNdamentals  
Hockey

**6:15-7:15pm**  
Youth Floor  
Hockey League

**7:30-8:30pm**  
Volleyball

**8:30-9:30pm**  
Open gym

**6:00-8:45am**  
Open Gym

**9:00am-12:00pm**  
Pickle Ball

**12:15-9:30pm**  
Open Gym

**7:00-11:45am**  
Open Gym

**12:00-3:30pm**  
YBC Skills

**3:45-6:30pm**  
Open Gym

- Registered Youth Program

# Gymnasium Program Descriptions

## Child & Youth Registered Programs

**Youth Volleyball:** Learn the basics and fundamentals of volleyball and develop skill to play! Participants will learn how to serve, volley, bump, block and more.

**FUNDamentals Basketball:** This program will focus on developing physical literacy learning the game of basketball. Participants will learn the fundamentals of basketball such as dribbling and shooting through drills.

**All Sorts of Sports:** This program is designed to introduce new and traditional sports to participants each week. Test your aim in a game of disc golf or throw your best pass in a game of indoor flag football.

**FUNDamentals Hockey:** Participants will develop physical literacy through floor hockey. Participants will learn the fundamentals of hockey such as stick handling, shooting, and passing through fun drills.

**Youth Floor Hockey:** This program participants will part take in weekly 3 on 3 or 4 on 4 scrimmages which will give participants the opportunity to use new skills or hone their previous skills in a safe environment. All participants will partake in a 15-minute skills session before each game. Teams will be broken up by staff to ensure fair play. All scrimmages will not include a goaltender.

**YBC Skills:** This program will promote physical literacy in Long-Term Development in Sport and Physical Activity. Participants will develop fundamental and advanced basketball skills using drills and fun activities each week.

## Adult Programs

**Volleyball:** Serve, volley, bump, block and more for the new and experienced player.

\*Advanced Volleyball is on Monday nights

### Ages 15+

**Mondays** 7:30 PM - 8:30 PM

**Thursdays** 7:30 PM - 8:30 PM

**Pickle ball:** A fun racquet sport that combines the elements of tennis, badminton and table tennis.

### Ages 18+

**Monday** 9:00 AM - 2:00 PM

**Tuesday** 9:00 AM - 11:45 AM

**Wednesday** 9:00 AM - 2:00 PM

**Thursday** 9:00 AM - 11:45 AM