

Gymnasium Schedule

Effective: March 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

7:30-9:30pm
Advanced
Volleyball

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

7:30-9:30pm
Volleyball

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 - 9:30 PM

Thursdays 7:30 PM - 9:30 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