

# Summer 2015 Gym / Fitness / Youth Programs Schedule

**Hours of Operation**  
 Monday to Friday  
 5:30am – 10:00pm  
 Saturday and Sunday  
 7:30am – 5:30pm  
**Statutory Holidays**  
 9:00am – 2:00pm



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**Effective July 6, 2015**

| Summer 2015 Open Gym / Youth Programs Schedule |   |  |  |                 |  |   |              |
|--|---|--|--|-----------------|--|---|--------------|
|  | Monday  | Tuesday  | Wednesday  | Thursday        | Friday   | Saturday  | Sunday       |
| <b>Open Gym</b> - times subject to change      | 5:30am - 9:15am   | 5:30am - 9:15am  | 5:30am - 9:15am  | 5:30am - 9:15am | 5:30am - 9:15am  | 7:30am – 5:15pm   | 7:30-9:00am  |
|  | 5:00pm–9:45pm   | 5:00pm–7:45pm  | 5:00pm–7:30pm  | 5:00pm–9:45pm   | 5:00pm–9:45pm  |   | 12:30-5:15pm |
| <b>KidsKare</b>                                | 9:00am– 12:00pm   | 9:00am– 12:00pm  | 9:00am– 12:00pm  | 9:00am– 12:00pm | 9:00am– 12:00pm  | 8:30am – 12:00pm  |              |
|  | 4:30pm-7:30pm   | 4:30pm-7:30pm  | 4:30pm-7:30pm  | 4:30pm-7:30pm   |  |   |              |
| <b>Youth Program Schedule</b>                  |   |  | <b>Family Fun Zone</b><br>(all ages) 10:30-12:30<br>East Gym)          |                 |  | <b>Family Fun Zone</b><br>(all ages) 10:30-12:30 (East gym) |              |
|  |   | <i>*Mini Movers*</i><br>(2-3yrs)<br>5:00-5:30pm (East Gym)         |  |                 |  |   |              |
|  | <i>*Teen Strength*</i><br>(10-14yrs) 5:00-6:00pm                | <i>*Teen Strength*</i><br>(10-14yrs) 5:00-6:00pm                   |  |                 |  |   |              |
|  |   | <i>*Teen Strength2*</i><br>(10-14yrs) 6:00-7:00pm                  |  |                 |  |   |              |
|  | <i>*Intermural Sports*</i><br>(10-13yrs) 6:30-7:30pm (West Gym) | <i>*Sports Mania*</i><br>(4-6yrs) 5:35-6:20pm<br>(7-9) 6:25-7:10pm | <b>Messy Play - drop in</b><br>(2-3yrs)<br>5:30-6:30pm (multi-purpose) |                 | <i>*Totnastics*</i><br>(2-3yrs) 5:00-5:30pm<br><i>*Kidnastics*</i><br>(4-6yrs) 5:35-6:20pm<br><i>*Gymnastics*</i><br>(7-9yrs) 6:25-7:10pm<br>(10-13yrs) 7:15-8:00pm (East Gym) |   |              |

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