


CLARK FAMILY GYMNASIUM

OPEN GYM / SPORT SCHEDULE WINTER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30AM-8:45AM	OPEN GYM 7:15AM-8:45AM	OPEN GYM 5:30AM-8:30AM	OPEN GYM 7:15AM-8:45AM	OPEN GYM 5:30AM-8:45AM	fitness Class 7:45am-9:15am	OPEN GYM 7:00AM-8:00AM
fitness Class 8:45am-10:00am	fitness Class 8:45am-10:00am	fitness Class 8:45am-10:00am	fitness Class 8:45am-10:00am	fitness Class 8:45am-10:00am	Youth Program 10:00pm-11:00am	Housekeeping 8:00am-9:00am
Fitness Class 10:30am-11:30am	Fitness Class 10:30am-11:30am	Fitness Class 10:30am-11:30am	Fitness Class 10:30am-11:30am	Fitness Class 10:30am-11:30am	Youth Program 12:00pm-1:00pm	UNB Spring 9:00pm-10:00am
Fitness Class 12:05pm-1:05pm	Fitness Class 12:05pm-1:05pm	Fitness Class 12:05pm-1:05pm	Fitness Class 12:05pm-1:15pm	Fitness Class 12:05pm-1:15pm	Youth Program 1:00pm-2:30pm	OPEN GYM 10:00AM-11:00AM
Pickleball 1:30pm-2:30pm	Pickleball 1:30pm-3:15pm	Afterschool 1:30pm-3:00pm	Pickleball 1:30pm-3:15pm	Pickleball 1:30pm-2:30pm	Youth Program 2:30pm-6:15pm	Youth Program 11:15am-6:15pm
Afterschool 2:30pm-5:00pm	Afterschool 3:30pm-5:00pm	Afterschool 3:00pm-5:00pm	Afterschool 3:30pm-5:30pm	Afterschool 3:30pm-5:30pm	OPEN GYM 6:30pm-7:45pm	OPEN GYM 6:45pm-7:45pm
Youth Program 5:00pm-8:45pm	Fitness Class 5:00pm-6:30pm	Youth Program 5:00pm-8:45pm	Fitness Class 6:00pm-8:45pm	Youth Program 5:00pm-8:00pm		
OPEN GYM 8:45pm-9:45pm	OPEN GYM 6:30pm-9:45pm	OPEN GYM 8:45pm-9:45pm	OPEN GYM 9:00pm-9:45pm	Power Up 8:00pm-9:45pm		

We make every attempt to offer open gym and drop in sports. However, schedules may be changed when needed. Please refer to online schedules for any changes.

No Photography During any open gym or drop in programs *Pickleball is for ages 16years of age+*

Children ages 12 and under attending open gym must be accompanied by a guardian 16 years of age+

For more information about open gym or drop in programs, please see our website @ www.fredericton.ymca.ca or contact the welcome desk at (506)462-3000 ext 0