

CLARK FAMILY GYMNASIUM

OPEN GYM SCHEDULE SPRING Winter 2026

Jan 15 2026 - March 31 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30am-7:45am	FITNESS CLASS 6:00am-7:30pm	OPEN GYM 5:30am-7:45am	FITNESS CLASS 6:00am-7:30pm	OPEN GYM 5:30am-7:45am	FITNESS CLASS 7:00am-8:00pm	WALKING TRACK 7:00am-8:00am
WALKING TRACK 7:45am-8:30am	OPEN GYM 7:30am-10:00am	WALKING TRACK 7:45am-8:30am	OPEN GYM 7:45am-10:15am	WALKING TRACK 7:45am-8:30am	FITNESS CLASS 8:00am-9:00pm	OPEN GYM 8:00am-9:00am
FITNESS CLASS 8:45am-1:00pm	FITNESS CLASS 10:00am-1:15pm	FITNESS CLASS 8:45am-1:15pm	FITNESS CLASS 10:00am-1:15pm	FITNESS CLASS 8:45am-1:15pm	YOUTH PROGRAMS 9:00am-2:00pm	YOUTH PROGRAMS 9:00am-2:30pm
PICKLEBALL 1:30pm-3:00pm	PICKLEBALL 1:30pm-3:00pm	OPEN GYM 1:30pm-2:00pm	PICKLEBALL 1:30pm-3:00pm	PICKLEBALL 1:30pm-3:00pm	YOUTH PROGRAMS 2:00pm-2:45pm	YOUTH PROGRAMS 2:30pm-6:30pm
After School 3:15pm-5:00pm	After School 3:15pm-5:00pm	After School 2:15pm-5:00pm	After School 3:15pm-5:00pm	After School 3:15pm-5:00pm	YOUTH PROGRAMS 2:45pm-7:15pm	Youth Programs 6:45pm-7:45pm
Youth Programs 5:00pm-6:00pm	Youth Programs 5:00pm-6:00pm	OPEN GYM 4:45pm-6:15pm	Youth Programs 5:00pm-6:00pm	Youth Programs 5:00pm-6:00pm	 Shine On	
YOUTH PROGRAMS 6:00pm-8:45pm	YOUTH PROGRAMS 6:00pm-8:45pm	YOUTH PROGRAMS 6:00pm-8:45pm	YOUTH PROGRAMS 6:00pm-8:45pm	YOUTH PROGRAMS 6:00pm-8:30pm		
OPEN GYM 9:00pm-9:45pm	OPEN GYM 9:00pm-9:45pm	OPEN GYM 9:00pm-9:45pm	OPEN GYM 9:00pm-9:45pm	RENTAL 8:30pm-10:00pm		

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. If the lights are turned off in the gymnasium, please see a specialist at the welcome desk. *No Photography During any open gym or drop-in programs* *Pickleball is for ages 16+* *Children under 12 years attending open gym must be accompanied by a guardian age 16+* For more information about open gym or drop-in programs, please visit out website @ www.frederictonymca.ca or contact the welcome desk @ (506)462-3000 ext. 0