

CLARK FAMILY GYMNASIUM

OPEN GYM SCHEDULE SUMMER 2026

June 22 2026 - September 6 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
OPEN GYM 5:30am-8:30am	FITNESS CLASS 6:00am-7:15am	OPEN GYM 5:30am-8:30am	FITNESS CLASS 6:00am-7:15am	OPEN GYM 5:30am-8:30am	OPEN GYM 7:00am-1:45pm	OPEN GYM 7:00am-7:45pm	
	OPEN GYM 7:30am-10:00am		OPEN GYM 7:30am-10:00am				
FITNESS CLASS 8:45am-1:00pm	FITNESS CLASS 10:30am-1:15pm	FITNESS CLASS 8:45am-1:15pm	FITNESS CLASS 10:30am-1:15pm	FITNESS CLASS 8:45am-1:15pm			
PICKLEBALL 1:30pm-2:45pm	PICKLEBALL 1:30pm-2:45pm	OPEN GYM 1:30pm-2:45pm	PICKLEBALL 1:30pm-2:45pm	PICKLEBALL 1:30pm-2:45pm	RHYTHMIC GYMNSATICS 2:00pm-4:30pm		
SUMMER CAMP 3:00pm-5:00pm	SUMMER CAMP 3:00pm-5:00pm	SUMMER CAMP 3:00pm-5:00pm	SUMMER CAMP 3:00pm-5:00pm	SUMMER CAMP 3:00pm-5:00pm	OPEN GYM 4:45pm-7:45pm		
OPEN GYM 5:15pm-9:45pm	OPEN GYM 5:15pm-9:45pm	OPEN GYM 5:15pm-9:45pm	FITNESS CLASS 6:15pm-7:45pm	OPEN GYM 5:15pm-9:45pm			
			OPEN GYM 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. 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 our website @ www.frederictonymca.ca or contact the welcome desk @ (506)462-3000 ext. 0