

CLARK FAMILY GYMNASIUM

OPEN GYM SCHEDULE FALL 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	FITNESS CLASS 7:30AM-10:30AM	OPEN GYM 7:00AM-8:45AM 
FITNESS CLASS 8:45AM-1:15PM	OPEN GYM 7:30AM-9:45AM FITNESS CLASS 10:00AM-1:15PM	FITNESS CLASS 8:45AM-1:15PM	OPEN GYM 7:30AM-9:45AM FITNESS CLASS 10:00AM-1:15PM	FITNESS CLASS 8:45AM-1:15PM	REG. SPORTS 11:00AM-7:45PM	7:00am-9:45am Oct 11 & Nov 8
PICKLEBALL 1:30PM-3:00PM	PICKLEBALL 1:30PM-3:00PM	OPEN GYM 1:30PM-2:45PM	PICKLEBALL 1:30PM-3:00PM	PICKLEBALL 1:30PM-3:00PM		REG. SPORTS 9:00AM-7:45PM
AFTER SCHOOL 3:00PM-5:00PM	AFTER SCHOOL 3:00PM-5:00PM	AFTER SCHOOL 3:00PM-5:00PM	AFTER SCHOOL 3:00PM-5:00PM	AFTER SCHOOL 3:00PM-5:00PM		
REGISTERED SPORTS 5:00PM-9PM	FITNESS CLASS 5:00PM-6:30PM	OPEN GYM 5:15PM-6:15PM	OPEN GYM 5:30PM-7:15PM	REGISTERED SPORTS 5:00PM-8PM	 Fredericton <i>Shine On</i>	
	REGISTERED SPORTS 6:30PM-9PM	REGISTERED SPORTS 6:30PM-9PM	POWER-UP 7:30PM-8:30PM	F.I.R.E 8:15PM-9PM		
OPEN GYM 9:15PM-10PM	OPEN GYM 9:15PM-10PM	OPEN GYM 9:15PM-10PM	OPEN GYM 8:45PM-10PM	OPEN GYM 9:15PM-10PM		

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