

Good Friday Holiday

Friday April 6, 2012

Scarborough YMCA

Holiday hours and schedule in effect

8 a.m. to 4 p.m.

TIME	GYM 1 & 2	GYM 3 & 4	GROUP FITNESS STUDIO	YOGA/PILATES STUDIO	CYCLEFIT STUDIO	CONDITIONING ROOM	CHILD MINDING CENTRE	MAIN POOL		TRAINING POOL	TIME
								LANE SWIM	REC. SWIM		
8:00										Adult Swim 8:00-8:45	8:00
8:30											8:30
9:00	Family Basketball 9:00-11:00		Low/High Impact 9:30-10:30							AquaFit 9:00-9:45	9:00
9:30											9:30
10:00										Adult Swim 10:00-10:45	10:00
10:30											10:30
11:00	Family Gym/Sports and Games 11:00-1:30									AquaFit 11:00-11:45	11:00
11:30											11:30
12:00										Family Swim 12:00-3:30	12:00
12:30											12:30
1:00											1:00
1:30											1:30
2:00	Table Tennis 1:30-3:30	Family Badminton 1:30-3:30									2:00
2:30											2:30
3:00											3:00
3:30											3:30
4:00											4:00

Have a great holiday



YMCA

We build strong kids,
strong families, strong communities.