

RECREATIONAL SPORTS

Rec Sports Sign-up: 386-3714
FORFEIT TIME IS TEN MINUTES.

Exactly 10 minutes past the start time for any Rec. Sport, people on the wait list will be allowed to play if you haven't checked in and received a hand stamp at the Membership Services Desk.

**BADMINTON
DROP-IN**

We encourage you to bring your own racquet.

Level/Age	Day	Time
Teen / Adult	Monday	7:00-10:00pm
Teen / Adult	Wednesday	7:00-10:00pm
Teen / Adult	Saturday	4:30-6:25pm
Teen / Adult	Sunday ♦	12:00-2:25pm

**VOLLEYBALL
DROP-IN**

Level/Age	Day	Time
Intermediate/ Advanced	Tuesday ■	7:30-10:00pm
Teen / Adult	Saturday	1:30-4:25pm

- ♦ May only
- May and June only
July and August: end time is 9:30pm

SIGN-UP TIMES & COST

	Book After	Cost
Member	9:00am	Included
Non-member	11:00am	\$5.50 including GST

**BASKETBALL
DROP-IN**

Level/Age	Day	Time
Teen / Adult	Tuesday	5:30-7:25pm
Teen / Adult	Thursday	8:00-9:30pm
Teen / Adult	Sunday	2:30-4:30pm

**INDOOR
SOCCER**

We highly recommend that you have some soccer experience.

Level/Age	Day	Time
Adult	Monday	1:00-2:45pm
Adult	Friday	12:00-1:45pm

**ADULT FLOOR
HOCKEY**

Please bring your own hockey stick.

(BALL HOCKEY)

Level/Age	Day	Time
Adult	Friday ■	6:30-8:00pm

No classes on statutory holidays

DTY = Downtown Y VWY = Vic West Y

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

 Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
Phone: 250.386.7511 **Fax:** 250.380.1933

 Vic West Y
 521 Craigflower Road, Victoria BC V9A 6Z5
Phone: 250.388.6120 **Fax:** 250.388.6455

GYM SCHEDULE

May to August, 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530am							
9:00am							
9:30am						Super Sweat! 9:00-10:15	
10:00am	Senior's Strength Training 10:00-10:55						
10:30am							
11:00am							
11:30am							
12:00pm	Strength & Motion 12:10-12:50		Sweat & Pump 12:10-12:50		Adult Indoor Soccer 12:00-1:45		Badminton 12:00-2:25 May only
12:30pm							
1:00pm	Adult Indoor Soccer 1:00-2:45						
1:30pm							
2:00pm							
2:30pm							
3:00pm						Volleyball 1:30-4:25	Basketball 2:30-4:30
3:30pm		Youth Drop-in May & June only		Youth Drop-in May & June only			
4:00pm							
4:30pm							
5:00pm						Badminton 4:30-6:25	
5:30pm	High/Low Cardio 5:30-6:25						
6:00pm		Basketball 5:30-7:25					
6:30pm							
7:00pm					Adult Floor Hockey 6:30-8:00		
7:30pm	Badminton	Adult Volleyball (Intermediate / Advanced) May/June	Badminton				
8:00pm	May/June 7:00-10:00	July/August 7:00-10:00	May/June 7:00-10:00	Basketball 8:00-9:30			
8:30pm							
9:00pm	July/August 7:00-9:30	July/August 7:00-9:30	July/August 7:00-9:30				
9:30pm							
10:00pm							

Y PROGRAMS MAY DISPLACE FREE TIME IN THE GYM

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