

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.

SIGN-UP TIMES & COST

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

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

BASKETBALL DROP-IN

Level/Age	Day	Time
Teen / Adult	Tuesday	5:30-7:25pm
50+	Tuesday	12:00-1:30pm
Teen / Adult	Thursday	8:00-9:30pm
Teen / Adult	Sunday	2:30-4:30pm

VOLLEYBALL DROP-IN

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

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

BEGINNER VOLLEYBALL LEAGUE

Fun without heavy competition.

 Registration required:
 Limited spaces;
 sign up early to
 avoid disappointment.

Level/Age	Dates	Day	Time	Coordinator	Location	Member	Non-Member
Beginner/Intermediate	January 10 to April 24	Thursday	6:00-8:00pm	Robert Maher	DTY	\$30	\$65

TEEN BEGINNER VOLLEYBALL

Perfect for teens who don't have much volleyball experience but want to develop their skills. Quality coaching and instruction, skill and technique development, team play. Cost includes a volleyball to take home.

Level/Age	Dates	Day	Time	Location	Member	Non-Member
12-15 years	January 19 to April 12	Saturday	10:30am-12:00pm (boys) 12:00-1:30pm (girls)	DTY	\$40	\$70

No classes on statutory holidays

DTY = Downtown Y VVY = Vic West Y

GYM SCHEDULE

January to April, 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						Teen Beginner Volleyball (boys) 10:30-12:00	
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	Teen Beginner Volleyball (girls) 12:00-1:30	Badminton 12:00-2:25
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							
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		Beginner Volleyball League (Beginner / Intermediate) 6:00-8:00			
6:30pm					Adult Floor Hockey 6:30-8:00		
7:00pm							
7:30pm							
8:00pm	Badminton 7:00-10:00	Adult Volleyball (Intermediate / Advanced) 7:30-10:00	Badminton 7:00-10:00	Basketball 8:00-9:30			
8:30pm							
9:00pm							
9:30pm							
10:00pm							

Y PROGRAMS MAY DISPLACE FREE TIME IN THE GYM

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