

# MULTI-GYM SCHEDULE

SCHEDULE EFFECTIVE: SEPTEMBER 29, 2018

MULTI GYM HOURS: Monday - Friday 7am - 11pm, Saturday & Sunday 8am - 10pm

3855 Chesswood Drive  
Downsview, ON M3J 2P6  
(416) 638-1010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
7AM			7-7:45AM OPEN GYM	7-9AM OPEN GYM	7-7:45AM OPEN GYM			7AM						
8PM	7-9AM OPEN GYM	7-9AM OPEN GYM	7:45-9AM TABLE TENNIS	7-9AM OPEN GYM	7:45-9AM TABLE TENNIS	8-9AM OPEN GYM	8-9:30AM OPEN GYM	8PM						
9AM	9AM-1PM FACILITY BOOKING	9AM-1PM FACILITY BOOKING	9AM-1PM FACILITY BOOKING	9AM-1PM FACILITY BOOKING	9AM-1PM FACILITY BOOKING	9-10AM FACILITY BOOKING	9:30-10:15AM HIP HOP (4-7)*	9AM						
10AM						10-11AM GROUP BASKETBALL*	10:15-11AM HIP HOP (8-12)*	10AM						
11AM						11-11:45AM FACILITY BOOKING	11-3PM FACILITY BOOKING	11AM						
12PM						11:45AM-12:15PM KARATE (4-6)*		12PM						
1PM	1-2PM BEGINNER PICKLEBALL	1-4PM COMPETITIVE PICKLEBALL	1-3PM OPEN PICKLEBALL	1-4PM COMPETITIVE PICKLEBALL	1-4PM COMPETITIVE PICKLEBALL	12:15-1PM KARATE (7+)*	3-5PM FAMILY OPEN GYM	1PM						
2PM	2-5PM COMPETITIVE PICKLEBALL					4-6:25PM DROP IN BASKETBALL		3-6:30PM FACILITY BOOKING	4-6:30PM FACILITY BOOKING	1-2PM GROUP BASKETBALL*	2PM			
3PM		5-5:30PM KARATE (4-6)*	6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*		2-4PM FACILITY BOOKING			4-10PM OPEN GYM	5-10PM OPEN GYM	3PM		
4PM	5-5:30PM KARATE (4-6)*					6:30-7PM HP FITNESS*		6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*			4-10PM OPEN GYM	5-10PM OPEN GYM	4PM
5PM														5-5:30PM KARATE (4-6)*
6PM	5:45-6:30PM KARATE (7+)*	6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*	6:30-7PM HP FITNESS*	4-10PM OPEN GYM	5-10PM OPEN GYM	6PM						
7PM	6:30-7PM HP FITNESS*							7-11PM OPEN GYM	7-11PM OPEN GYM	7-10PM OPEN GYM	4-11PM OPEN GYM	5-10PM OPEN GYM	7PM	
8PM	7-11PM OPEN GYM	7-11PM OPEN GYM	7-11PM OPEN GYM	7-10PM OPEN GYM	4-11PM OPEN GYM	5-10PM OPEN GYM	8PM							
9PM	7-11PM OPEN GYM						7-11PM OPEN GYM	7-11PM OPEN GYM	7-10PM OPEN GYM	4-11PM OPEN GYM	5-10PM OPEN GYM	9PM		
10PM												10PM		
11PM								11PM						

Mayfair Clubs Management reserves the right to review and revise the Multi-Gym Schedule, according to participation.

Facility Bookings: include birthday parties, corporate bookings and camps. To book the facility contact Laura at [westcoordinator@mayfairclubs.com](mailto:westcoordinator@mayfairclubs.com)

Facility will operate as OPEN GYM on Statutory Holidays; No MEMBER BOOKING will be available.

\*No Drop-Ins For Marked Classes. Please note that Birthday Parties may occur during Open Gym time.

### **MULTI-GYM SPORTS DESCRIPTIONS**

**Basketball:** Games will be played on a half-court & “streetball style.” No referees are employed, so a “call your own foul” rule is in effect. A player who believes they have been fouled simply needs to call out “foul,” and play will be stopped. The ball will be awarded to the fouled player's team (free throws are not awarded in street ball). Games play up to 7, 11, 15, or 21 points with baskets counting for 1 and 2 (if beyond the 3 point arc) points. Amount of points played is decided prior to the start of the game. Players often play 'win by 2' which means that the team has to win by a margin of at least 2 points. Amount of players per team is at the discretion of those participating.

**Family Open Gym:** This is a first come, first served opportunity for families to sign out equipment such as: basketball(s), volleyball(s) or soccer ball(s) from the reception desk. Equipment will not be set up during this time. Children under 8 years old must be supervised at all times by a parent or guardian who is 18+.

**Group Basketball:** These lessons are a quick and efficient way for players to improve their basketball skills. Each class is customized to the needs of the individual players. Registration is required, with classes offered to children between 10 and 16 years old. Private lessons also available.

**Kids Karate:** This program will help your child develop discipline, focus and energy management in a fun and safe learning environment. Achievement in this class is recognized with the coloured belt progression. All levels welcome.

**Kids Hip Hop:** Learn the fundamentals of hip hop movement in this high-energy class that focuses on choreography, rhythm, footwork and upper body strength. Registration required.

**Kidspace Sports:** Kidspace staff will lead the group through warm-up exercises and organized games that involve coordination, balance, proactive thinking, team building and hand-eye coordination. Ages 4+.

**Member Booking:** Members can request activities that require equipment set-up and removal during Member Booking with minimum of 72 hours notice. Activities available for request: table tennis, soccer (nets), pickleball, volleyball, floor hockey, badminton and dodgeball. Only available in 1-hour blocks. To book, call (416)638-1010 Ext. 4248

**Open Gym:** During this time, members are able to sign out equipment such as: basketball(s), volleyball(s) or soccer ball(s) from the reception desk. Equipment will not be set up during this time. Open gym is operated under minimal supervision and is recommended for members above the age of 17. When programs are not running, it is open gym. Members are encouraged to share the space, or alternatively will have 30 minutes to complete their activity when other members would like to use the gym.