



- Program Areas close at 7:45pm
- Last Entry: 7:30pm
- Last Re-entry: 7:30pm

## Bob Hayward YMCA Youth Night Fall Schedule Every **Thursday**. 3pm – 9pm

3:00pm – 7:45pm	Register for a Y Thrive Appointment. Please speak to the membership staff for further details.
3:00pm – 7:45pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
3:00pm – 7:45pm	Basketball (open gym)
4:15pm – 7:00pm	Open Swim
5:30pm – 6:15pm	Youth Speed Endurance
5:30pm – 6:30pm	Group Active
6:30pm – 7:30pm	H.I.I.T
6:30pm – 7:30pm	Run Club

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Bob Hayward YMCA  
1050 Hamilton Rd,  
London, ON, N5W 1A6



# Bostwick YMCA Teen Night Fall Schedule

## Every Friday. 2pm – 12am

- Program Areas close at 11:30pm
- No new Teen Night memberships created after 6pm on Fridays.
- Last Entry: 9:00pm
- Last Re-entry: 6:00pm

2:00pm – 11:30pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
4:30pm – 11:30pm	Basketball (open gym)
6:00pm – 10:00pm	Table Tennis
6:00pm – 10:00pm	Playstation
7:45pm – 9:00pm	Family and Lap Pool Open
9:00pm – 9:30pm	Lap pool open (lane swim only)

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**Bostwick YMCA**  
501 Southdale Rd,  
London, ON, N6K 3X4



# Centre Branch YMCA Teen Night Fall Schedule

## Every Friday. 4pm – 10pm

- Last Entry: 8:00pm
- Last Re-entry: 8:00pm

4:00pm – 10:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
5:00pm – 10:00pm	Table Tennis
5:00pm – 10:00pm	Pool Open
5:00pm – 10:00pm	Basketball (open gym)
6:00pm – 9:00pm	Video Games



# Middlesex Centre YMCA Teen Night Fall Schedule

## Every Friday. 6am – 9pm

- Last Entry: 9:00pm

6:00am – 9:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:00pm – 9:00pm

Basketball (open gym)

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communities*

**Middlesex Centre YMCA**  
1 Tunks Lane,  
Komoka, ON, N0L 1R0



# Strathroy-Caradoc Branch YMCA Teen Night Fall Schedule

## Every Friday. 6am – 8pm

6:00am – 8:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:30pm – 9:00pm

Open Gym Basketball at HCC Gymnasium  
(all participants must be registered before attending)

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communities*

**Strathroy-Caradoc YMCA**  
305 Frances St,  
Strathroy, ON, N7G 4H5



# St. Thomas YMCA Teen Night Fall Schedule

## Every Friday. 6am – 10pm

- Program Areas close at 9:45pm
- Last Re-entry: 7:00pm

6:00am – 10:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:30pm – 9:30pm

Pool Open

6:00pm – 8:30pm

Table Tennis

6:00pm – 8:30pm

Hangout Area

6:00pm – 9:45pm

Basketball (Open Gym)

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**St. Thomas - Elgin YMCA**  
20 High Street,  
St. Thomas, ON, N5R 5V2



# Stoney Creek YMCA Teen Night Fall Schedule

## Every Friday. 5:30am – 10:30pm

- Program Areas close at 9:45pm
- Last Entry: 10:00pm

5:30am – 10:00pm	Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.
5:30am – 10:00pm	Pool Open
5:30am – 10:00am	Basketball (open court)
11:00am – 10:00pm	Basketball (open court)
6:00pm – 10:00pm	Ping Pong, Couches, Charging Station (London Life Room)

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Stoney Creek YMCA  
920 Sunningdale Rd E,  
London, ON, N5X 0H5



# Windsor YMCA Teen Night Fall Schedule

## Every Friday. 2:30pm – 11pm

- Last Entry: 9:00pm
- Last Re-entry: 9:00pm
- No entry before 6pm on Summer Camp and PD days

6:00pm – 11:00pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:00pm – 11:00pm

Basketball (open court)

6:00pm – 8:30pm

Table Tennis

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Windsor YMCA  
3402 Grand Marais Rd E,







# Woodstock YMCA Teen Night Fall Schedule

## Every Friday. 6am – 9:30pm

6:00am – 9:30pm

Weight room floor is available. An orientation to the equipment is available at select times see the membership desk.

6:00pm – 9:30pm

Basketball (open court)

WEEKLY

SEE IN BRANCH FOR DIFFERENT PROGRAMS RUNNING EACH WEEK

- Last Entry: 8:30pm
- Last Re-entry: 8:30pm
- See branch for special Teen Night Events

