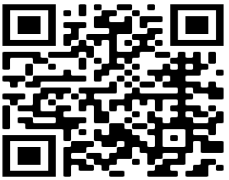




Gymnasium Schedule

May 21, 2022 - Current

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2		
Morning	Open Gym 6:00am - 9:00am		Open Gym 6:00am - 10:00am		Open Gym 6:00am - 10:00am		Open Gym 6:00am - 9:00am		Open Gym 6:00am - 8:55pm		Open Gym 7:00am - 8:00am		Badminton/Pickleball 7:00am - 10:00am			
	Setup 9:00am - 9:15am						Setup 8:00am - 8:15am				Setup 9:00am - 9:15am				Y Strength (Group Fitness) 8:15am - 9:15am	
	Y-Dance Cardio (Group Fitness) 9:15am - 10:00am		Group Power (Group Fitness) 9:30am - 10:30am		Takedown/Setup 10:00-10:30am		Takedown/Setup 10:15-10:30am				Takedown 10:30-10:45am				Setup 10:30-11:00am	
	Takedown/Setup 10:00-10:30am		Takedown/Setup 10:15-10:30am		Takedown 10:15-10:30am		Takedown/Setup 10:15-10:30am				Open Gym 10:45pm - 11:30pm				Takedown 10:00-10:15am	
Afternoon	Basketball 10:30am - 12:30pm		Indoor Family Playground 10:30am - 12:00pm		Basketball 10:00am - 12:30pm		Indoor Family Playground 10:30am - 12:00pm		Indoor Family Playground 10:30am - 12:00pm		Basketball 10:15am - 1:45pm		Indoor Family Playground 11:00am - 1:30pm			
	Takedown 12:00-12:30pm		Takedown 12:00-12:30pm		Takedown 12:00-12:30pm		Takedown 12:00-12:30pm		Takedown 12:00-12:30pm		Setup 11:30-11:45am		Takedown 1:30-1:45pm			
	Open Gym 12:30pm - 2:00pm		Open Gym 12:30pm - 2:00pm		Open Gym 12:30pm - 5:15pm		Open Gym 12:30pm - 2:00pm		Open Gym 12:30pm - 2:00pm		Shapedown 11:45am - 2:15pm		Takedown 1:30-1:45pm			
	Takedown 1:45-2:00pm		Takedown 1:45-2:00pm		Takedown 1:45-2:00pm		Takedown 1:45-2:00pm		Takedown 1:45-2:00pm		Open Gym 1:45pm - 2:30pm		Takedown 1:30-1:45pm			
	Open Gym 2:00pm - 6:15pm		Open Gym 2:00pm - 5:15pm		Basketball 2:00pm-5:15pm		Basketball 2:00pm-6:15pm		Basketball 2:00pm-5:15pm		Open Gym 2:30pm - 6:55pm		Open Gym 1:45pm - 6:55pm			
	Setup 6:15 - 6:30pm		Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm		Setup 6:15-6:30pm		Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm			
	Shapedown 6:30pm-7:15pm		Child, Youth & Family Programs 5:30pm - 7:30pm		Basketball 5:15pm - 7:30pm		Child, Youth & Family Programs 5:30pm - 7:30pm		Shapedown 6:30pm-7:15pm		Child, Youth & Family Programs 5:30pm - 7:30pm		Child, Youth & Family Programs 5:30pm - 7:30pm			
	Take down/Setup 7:30 - 7:45pm		Take down 7:30 - 7:45pm		Take down/Setup 7:30 - 7:45pm		Take down 7:30 - 7:45pm		Take down 7:30 - 7:45pm		Take down 7:30 - 7:45pm		Take down 7:30 - 7:45pm			
	Badminton/Pickleball 7:45pm - 8:55pm		Adult Basketball 19+ 7:45pm - 8:55pm		Badminton/Pickleball 7:45pm - 8:55pm		Adult Basketball 19+ 7:45pm - 8:55pm		Adult Basketball 19+ 7:45pm - 8:55pm		Adult Basketball 19+ 7:45pm - 8:55pm		Adult Basketball 19+ 7:45pm - 8:55pm			
	Evening															

Child, Youth & Family Programs	Please note the following:	
Registered Program	Open Gym times are shared spaces. Be kind and considerate to your Y community.	
Drop-in Sports	When using additional equipment, please ensure it is put away properly into our storage space.	
Group Fitness	This gym schedule is subject to change without notice.	
Open gym	For the most up to date schedule information, please visit our website: gv.ymca.ca or scan the QR code.	
Please note: There will now be a minimum, 10 minute set-up period for all programs taking place in the Gymnasium. All scheduled times must be adhered to.		

