



Gymnasium Schedule

Fall 2022

		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 - 8:50am		Open Gym 6:00am - 10:00am		Open Gym 6:00am - 7:45am		Open Gym 6:00am - 9:00am		Open Gym 6:00am - 7:45am		Open Gym 7:00am - 7:50am		Badminton/Pickleball 7:00am - 10:00am					
		Setup 8:50am - 9:15am				Healthy Heart 8:00am - 9:45am		Setup 9:00am - 9:15am		Healthy Heart 8:00am - 9:45am		Setup 7:45am - 8:15am							
		Y Strength (Group Fitness) 9:15am - 10:15am						Group Power (Group Fitness) 9:15am - 10:15am				Y Strength (Group Fitness) 8:15am - 9:15am							
		Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am				Takedown/Setup 10:15-10:30am				Group Power (Group Fitness) 9:30am - 10:30am							
AFTERNOON		Basketball 10:30am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Badminton/ Pickleball 10:30am - 1:45pm	Indoor Family Playground 10:30am - 12:00pm	Basketball 10:00am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Badminton/ Pickleball 10:30am - 1:45pm	Indoor Family Playground 10:30am - 12:00pm	Open Gym 10:00am - 3:45pm		Basketball 10:45am - 11:30am	Indoor Family Playground 11:00am - 1:30pm	Basketball 10:00-10:15am	Setup 10:30 - 11:00am				
		Takedown 12:00-12:30pm						Takedown 12:00-12:30pm						Shapedown 11:30am - 3:00pm		Takedown 10:00-10:15am			
		Open Gym 12:30pm - 2:00pm		Open Gym 12:30pm - 2:00pm												Takedown 10:30 - 11:00am			
		Takedown 1:45-2:00pm						Takedown 1:45-2:00pm								Takedown 12:00-12:30pm			
		Open Gym 2:00pm - 5:15pm		Basketball 2:00pm - 5:15pm		Open Gym 12:30pm - 5:15pm		Basketball 2:00pm - 5:15pm								Takedown 1:30-2:00pm			
								Basketball 2:00pm - 6:15pm											
		Basketball 2:00pm - 6:15pm		Setup 5:15 - 5:30pm		Basketball 5:15pm - 7:30pm		Setup 5:15 - 5:30pm				Setup 5:15 - 5:30pm							
		Shapedown 6:15pm - 7:45pm	Child, Youth & Family Programs 5:30pm - 7:30pm	Basketball 5:15pm - 7:45pm		Child, Youth & Family Programs 5:30pm - 7:30pm	Child, Youth & Family Programs 5:30pm - 7:30pm	Child, Youth & Family Programs 5:30pm - 7:30pm	Shapedown 6:15pm - 7:45pm			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											
		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											
EVENING										Youth Night 4:00pm - 7:00pm		Open Gym 3:00pm - 6:55pm		Open Gym 2:00pm - 6:55pm					
										Open Gym 7:00pm - 8:55pm									

Child, Youth & Family Programs	<p>Please note the following:</p> <p>Open Gym times are shared spaces. Be kind and considerate to your Y community.</p> <p>When using additional equipment, please ensure it is put away properly into our storage space.</p> <p>This gym schedule is subject to change without notice.</p> <p>For the most up to date schedule information, please visit our website: gv.ymca.ca or scan the QR code.</p>
Registered Program	
Drop-in Sports	
Group Fitness	
Open gym	
<p>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.</p>	

