



Gymnasium Schedule

SPRING 2023

		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 5:30am - 8:50am		Open Gym 5:30am - 10:00am		Open Gym 5:30am - 10:00am		Open Gym 5:30am-9:00am		Open Gym 5:30am-9:00am		Open Gym 7:00am - 7:45am Setup 7:45am - 8:15am		Badminton/Pickleball 7:00am - 10:00am	
		Setup 8:50am - 9:15am						Setup 9:00am - 9:15am		Setup 8:45am-9:15am		Y Strength (Group Fitness) 8:15am - 9:15am			
		Y Strength (Group Fitness) 9:15am - 10:15am						Group Power (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am		Group Power (Group Fitness) 9:30am - 10:30am			
		Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am				Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am		Takedown 10:30-10:45am	Setup 10:30-11:00am		
Afternoon		Basketball 10:30am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Open Gym 10:30am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Basketball 10:00am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Open Gym 10:30am - 12:30pm	Indoor Family Playground 10:30am - 12:00pm	Pickleball 10:30am - 1:30pm		Shapedown 10:45am - 1:45pm	Indoor Family Playground 11:00am - 1:30pm	Basketball 10:15am - 2:00pm	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		Takedown 12:00-12:30pm				Takedown 1:30-2:00pm		Takedown 1:30-2:00pm
		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm				Takedown 10:15-10:30am			
												Basketball 1:45pm - 3:45pm			
Evening		Adult Basketball 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:15pm	Adult Basketball 3:30pm - 7:30pm	Youth Basketball Ages 10-18 3:30pm - 5:15pm	Adult Basketball 3:30pm - 7:30pm	Youth Basketball Ages 10-18 3:30pm - 5:15pm	Adult Basketball 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:15pm			Setup 3:45pm - 4:00pm	Open Gym 2:00pm - 6:55pm		Open Gym 2:00pm - 6:55pm
			Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm		Setup 5:15 - 5:30pm			Youth Night 4:00pm - 7:00pm March 10 & 24			
		Shapedown 6:15pm - 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/Setup 7:30 - 7:45pm	Take down/Setup 7:30 - 7:45pm	Take down/Setup 7:30 - 7:45pm	Take down/Setup 7:30 - 7:45pm	Take down/Setup 7:30 - 7:45pm			Open Gym 7:00pm - 9:25pm			
	Badminton 7:45pm - 9:25pm	Adult Basketball 19+ 7:45pm - 9:25pm	Badminton 7:45pm - 9:25pm	Adult Basketball Ages 19+ 7:45pm - 9:25pm											

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 Basketball	When using additional equipment, please ensure it is put away properly into our storage space.
Drop-in Badminton/Pickleball	This gym schedule is subject to change without notice.
Group Fitness	Gym usage may be affected on Statutory Holidays. For the most up to date schedule information, please visit our website: gv.ymca.ca or scan the QR code.
Open gym	Revised: March 27, 2023



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.

