




Gymnasium Schedule

FALL 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	
Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:00am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 7:00am - 7:50am		Badminton/Pickleball 7:00am - 10:30am		
										Setup 7:50am - 8:15am				
Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Open Gym 8:00am - 10:00am	Healthy Heart 8:00am - 10:00am	Setup 8:50am - 9:15am		Setup 8:50am - 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				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 10:30-10:45am	Setup 10:30-11:00am									
Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am		Takedown 10:15-10:30am		Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am		Shapedown 10:45am - 1:45pm		Takedown/Set up 10:45-11:00am		
Basketball 10:30am - 12:30pm	Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm	Open Gym 10:30am - 12:30pm	Indoor Family Playground Ages 0-5 10:30am - 12:00pm	Basketball 10:00am - 12:30pm	Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm	Open Gym 10:30am - 12:30pm	Indoor Family Playground Ages 0-5 10:30am - 12:00pm	Open Gym 10:30am - 1:45pm				Bouncy Castle Playground Ages 0-5 11:00am - 1:30pm	Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm	Bouncy Castle Playground Ages 0-5 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 1:30-2:00pm	Takedown 1:30-2:00pm	
Open Gym 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Basketball 1:45pm - 3:45pm		Open Gym 2:00pm - 6:55pm		
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	Children's Indoor Climbing Ages 6-12 3:30pm - 5:30pm	Youth Basketball Ages 10-18 3:30pm - 5:15pm	Setup 3:45pm - 4:00pm		Youth Night 4:00pm - 7:00pm TBD		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								
	Child, Youth & Family Programs		Child, Youth & Family Programs		Child, Youth & Family Programs	Child, Youth & Family Programs								
Shapedown 6:15pm - 7:45pm	5:30pm - 7:30pm	5:30pm - 7:30pm	5:30pm - 7:30pm	5:30pm - 7:30pm	6:15pm - 7:45pm	5:30pm - 7:30pm	Open Gym 7:00pm - 9:25pm							
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								
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	<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>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.</p> <p>Revised: August 29, 2023</p> 
Registered Program	
Drop-in Basketball	
Drop-in Badminton/Pickleball	
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>	

