



# Gymnasium Schedule

# Spring 2024

	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 - 8:50am		Open Gym 5:30am - 8:00am		Open Gym 5:30am - 9:00am		Open Gym 5:30am - 9:00am		Open Gym 7:00am - 7:45am		Badminton 7:00am - 10:30am			
	Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Open Gym 8:00am - 10:00am	Healthy Heart 8:00am - 10:00am	Setup 9:00am-9:15am		Setup 9:00am-9:15am		Setup 7:45am - 8:15am					
	Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am				Group Power (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 8:15am - 9:15am					
	Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am		Basketball 10:00am - 12:30pm	Takedown 10:15-10:30am	Takedown/Setup 10:15-10:30am		Takedown/Setup 10:15-10:30am		Group Power (Group Fitness) 9:30am - 10:30am				Takedown 10:30-10:45am	Setup 10:30-11:00am
	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		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	Pickleball 10:30am - 1:30pm		Shapedown 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm			Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm	Indoor Family 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											
Afternoon	Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:15pm		Takedown 1:30pm-1:45pm		Pickleball 2:00pm - 4:30pm		Open Gym 2:00pm - 6:55pm			
	Adult Basketball 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Adult Basketball 3:30pm - 6:45pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Adult Basketball 3:30pm - 5:00pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Children's Indoor Climbing Ages 6-12 3:30pm - 5:30pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Basketball 1:45pm - 3:45pm		Pickleball 2:00pm - 4:30pm					
		Setup 5:00 - 5:15pm		Setup 5:00 - 5:15pm		Setup 5:00pm - 5:15pm			Setup 5:00 - 5:15pm	Setup 3:15 - 3:30pm						
	Shapedown 6:15pm - 7:45pm	Child, Youth & Family Programs 5:15pm - 7:30pm	Take down 6:45 - 7:00pm	Child, Youth & Family Programs 5:15pm - 7:30pm	Child, Youth & Family Programs 5:15pm - 6:30pm	Open Gym 5:30pm - 6:15pm	Shapedown 6:15pm - 7:45pm	Child, Youth & Family Programs 5:15pm - 7:30pm	Youth Night 4:00pm - 7:00pm		Basketball Ages 10+ 4:30pm - 6:55pm					
	Take down/Setup 7:30 - 7:45pm	Generation Health 7:00pm - 8:00pm	Take down 7:30 - 7:45pm	Y Tone (Group Fitness) 6:45pm - 7:45pm	Setup 6:30 - 6:45pm	Setup 6:15pm - 7:45pm	Setup 6:30 - 6:45pm	Setup 6:15pm - 7:45pm	TBD		TBD					
Evening	Badminton 7:45pm - 9:55pm		Adult Basketball 19+ 8:00pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 7:45pm - 9:55pm		Open Gym 7:00pm - 9:55pm							

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>Gym usage may be affected on Statutory Holidays. For the most up to date schedule information, please visit our website: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.</p> <p>Revised: March 17, 2024</p>
Registered Program	
Drop-in Basketball	
Drop-in Badminton/Pickleball	
Group Fitness	
Open gym	



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.