




# 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 - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 7:00am - 7:45am Setup 7:45am - 8:15am Y Strength (Group Fitness) 8:15am - 9:15am Group Power (Group Fitness) 9:30am - 10:30am		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 8:50am - 9:15am		Setup 8:50am - 9:15am		Takedown 10:30am - 10:45am	Setup 10:30am - 11:00am						
	Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am				Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am						Takedown/Setup 10:15am - 10:30am			
	Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Basketball 10:00am - 12:30pm		Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm Takedown 12:00pm - 12:30pm		Open Gym 10:30am - 12:30pm		Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm Takedown 12:00pm - 12:30pm				Shapedown 10:45am - 1:45pm		Indoor Family Playground Ages 0-12 11:00am - 1:30pm Takedown 1:30pm - 2:00pm	
	Basketball 10:30am - 12:30pm Takedown 12:00pm - 12:30pm		Open Gym 10:30am - 12:30pm		Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm Takedown 12:00pm - 12:30pm		Open Gym 10:30am - 12:30pm		Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm Takedown 12:00pm - 12:30pm		Pickleball 10:30am - 1:30pm				Indoor Family Playground Ages 6-12 11:00am - 1:30pm		Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm	
Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:15pm Setup 3:15pm - 3:30pm		Pickleball 12:30pm - 3:15pm		Takedown 1:30pm-1:45pm Basketball 1:45pm - 3:45pm		Pickleball 2:00pm - 4:30pm		Open Gym 2:00pm - 6:55pm				
Afternoon	Adult Basketball 3:30pm - 6:15pm		Youth Basketball Ages 10-18 3:30pm - 5:00pm Setup 5:00pm - 5:15pm		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		Setup 3:45pm - 4:00pm		Open Gym 2:00pm - 6:55pm			
	Shapedown 6:15pm - 7:45pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Setup 5:00pm - 5:15pm		Child, Youth & Family Programs 5:15pm - 6:30pm		Open Gym 5:30pm - 6:15pm		Setup 5:00pm - 5:15pm		Youth Night 4:00pm - 7:00pm TBD					
	Take down/Setup 7:30pm - 7:45pm		Take down 7:30pm - 7:45pm		Child, Youth & Family Programs 5:15pm - 6:30pm		Setup 6:30pm - 6:45pm		Shapedown 6:15pm - 7:45pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Basketball Ages 10+ 4:30pm - 6:55pm					
	Badminton 7:45pm - 9:55pm		Adult Basketball 19+ 8:00pm - 9:55pm		Take down/Setup 7:45pm - 8:00pm		Y Tone (Group Fitness) 6:45pm - 7:45pm		Take down/Setup 7:30pm - 7:45pm		Open Gym 7:00pm - 9:55pm							
					Badminton 8:00pm - 9:55pm				Adult Basketball Ages 19+ 7:45pm - 9:55pm									
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 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: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.	
Open gym	Revised: April 20, 2024	
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.		