



Gymnasium Schedule

Spring 2025

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	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	Badminton 7:00am - 10:30am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 10:00am		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) 9:15am - 10:15am		Open Gym 5:30am - 10:00am		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	
									Group Power (Group Fitness) 9:30am - 10:30am					
	Takedown 10:15am - 10:30am	Setup 10:30am - 11:00am	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 10:30am - 10:45am	Setup 10:30am - 11:00am		
	Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm	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 - 1:30pm	Generation Health - Clinic 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm	
				Takedown 12:00pm - 12:30pm				Takedown 12:00pm - 12:30pm						Takedown 12:00pm - 12:30pm
				Takedown 1:30pm-2:00pm				Open Gym 12:30pm - 3:30pm						Open Gym 12:30pm - 3:30pm
	Open Gym 2:00pm - 8:55pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:15pm		Open Gym 12:30pm - 3:30pm		Takedown 1:30pm-1:45pm		Badminton 2:00pm - 4:30pm	
											Basketball 1:45pm - 3:45pm			
Adult Basketball Ages 19+ 3:30pm - 6:15pm			Youth Basketball Ages 10-18 3:30pm - 5:00pm	Adult Basketball Ages 19+ 3:30pm - 6:15pm	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	Adult Basketball Ages 19+ 3:30pm - 5:00pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Setup 3:45pm - 4:00pm		Basketball Ages 10+ 4:30pm - 8:55pm		
						Setup 5:00pm - 5:15pm				Setup 5:00pm - 5:15pm	Setup 5:00pm - 5:15pm			
						Child, Youth & Family Programs 5:15pm - 6:30pm				Child, Youth & Family Programs 5:15pm - 6:30pm	Child, Youth & Family Programs 5:15pm - 6:30pm			Child, Youth & Family Programs 5:15pm - 6:30pm
						Generation Health - Clinic 6:15pm - 7:30pm				Generation Health - Clinic 6:15pm - 7:30pm	Generation Health - Clinic 6:15pm - 7:30pm			Generation Health - Clinic 6:15pm - 7:30pm
Karate 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm	Take down 7:30pm - 7:45pm	Take down 7:30pm - 7:45pm	Y Tone (Group Fitness) 6:45pm - 7:45pm	Karate 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm	Open Gym 7:00pm - 9:55pm							
Set up 8:30pm - 8:40pm							Adult Basketball Ages 19+ 7:45pm - 9:55pm							
		Badminton 8:40pm - 9:55pm		Badminton 7:45pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm						

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: April 21, 2025 Schedule in effect: April 27, 2025
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.	

