



Victoria Day Program Schedule

Monday, May 19, 2025

	Studio 1	Studio 2	Gym 1	Gym 2	Pool
MORNING	7:00				
	8:00	MOSSA Group Power June 8:00am - 9:00am			Aquafit Andy 8:15am - 9:00am
	9:00	Y Cyclefit Shannon 9:00am - 9:45am		Y Strength Sherrie 9:15am - 10:15am	Aquafit Andy 9:15am - 10:00am
	10:00				
AFTERNOON		Y Hatha Yoga Soan 10:30am - 11:30am		Set Up/Take Down	
	11:00				
	12:00			Open Gym 10:30pm - 1:30pm	
	1:00			Set Up/Take Down	
EVENING	2:00				
	3:00				Public Swim 7:00am - 8:45pm
	4:00			Basketball Ages 10+ 1:45pm - 6:15pm	
	5:00	MOSSA Group Power Tom 5:30pm - 6:30pm			
	6:00			Set Up/Take Down	
	7:00			Badminton 6:30pm - 8:55pm	
	8:00	Zumba Rosselle 8:00pm - 9:00pm			

Pickleball / Badminton

Please see above for the statutory holiday program schedule for Victoria Day.

Basketball

There will be no swim lessons on Monday, May 19, 2025. All CYF Programs will be closed.
There will now be a minimum, 10 minute set-up period for all programs.

Group Fitness Class

Schedule is subject to change.

Public Swim

For additional schedule information, please visit our website:
gv.ymca.ca or scan the QR code.
Schedule revised: May 12, 2025

