



# 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 8:50am - 9:15am		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		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		Open Gym 8:00am - 10:00am		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 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Takedown 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Group Power (Group Fitness) 9:30am - 10:30am			
Afternoon	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 Ages 0-5 10:30am - 12:00pm		Open Gym 10:30am - 12:30pm		Basketball 10:00am - 12:30pm		Bouncy Castle Ages 0-5 10:30am - 12:00pm		Indoor Family Playground Ages 0-5 10:30am - 12:00pm			
	Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		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 12:30pm - 3:15pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Takedown 1:30pm - 1:45pm		Takedown 1:30pm - 2:00pm			
	Generation Health - Community 2:00pm - 3:00pm		Open Gym 2:00pm - 3:00pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:15pm		Open Gym 12:30pm - 3:30pm		Basketball 1:45pm - 3:45pm		Badminton 2:00pm - 4:30pm			
Evening	Open Gym 3:00pm - 8:55pm		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			
			Setup 5:00pm - 5:15pm		Setup 5:00pm - 5:15pm		Setup 5:00pm - 5:15pm		Setup 5:00pm - 5:15pm		Open Gym 5:30pm - 6:15pm		Setup 5:00pm - 5:15pm		Setup 5:00pm - 5:15pm			
			Generation Health - Clinic 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Generation Health - Clinic 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 6:30pm		Generation Health - Clinic 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 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		Take down 7:30pm - 7:45pm	
Set up 8:30pm - 8:40pm		Badminton 8:40pm - 9:55pm		Adult Basketball Ages 19+ 7:45pm - 9:55pm		Badminton 8:00pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm		Open Gym 7:00pm - 9:55pm		Basketball Ages 10+ 4:30pm - 8:55pm				

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: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.	
Open gym	Revised: May 12, 2025 Schedule in effect: May 12, 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.