



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						
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				Setup 7:45am - 8:15am													
		Y Strength (Group Fitness) 9:15am - 10:15am				Open Gym 8:00am - 10:00am						Healthy Heart 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	
																		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 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 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		Takedown 1:30pm-1:45pm				Badminton 2:00pm - 4:30pm					
Generation Health - Community 2:00pm - 3:00pm	Open Gym 2:00pm - 3:00pm																		
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	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		Open Gym 5:30pm - 6:15pm	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	Youth Night 4:00pm - 7:00pm									
						Setup 6:30pm - 6:45pm													
		Karate 7:30pm - 8:30pm	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											
		Set up 8:30pm - 8:40pm			Take down/Setup 7:45pm - 8:00pm														
Badminton 8:40pm - 9:55pm		Badminton Ages 19+ 7:45pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm		Open Gym 7:00pm - 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: 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.	

