

## Gymnasium Schedule

Fall Schedule: Effective January 8<sup>th</sup> 2026!

### Room Guide & Abbreviations:

(G) Gymnasium (Reg.) Registered Programs  
(D.I.) Drop In (YPB) Y Play B

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|---|---|---|--|---|---|--|
| <b>Morning – Open to 12:00pm</b>  |   |   |  |   |   |  |
| <b>Drop-in Pickleball</b> (G)<br>6:00am-9:00am                              | <b>Drop-in Badminton</b> (G)<br>6:00am-9:00am               | <b>Drop-in Pickleball</b> (G)<br>6:00am-9:00am                              | <b>Drop-in Basketball</b> (G)<br>6:00am-9:00am<br>(All Ages) | <b>Drop-in Basketball</b> (G)<br>6:00am-9:00am<br>(All Ages)                | <b>Drop-in Basketball</b> (G)<br>7:00am-9:00am<br>(All Ages)  | (Reg.) <b>Badminton</b> (G)<br>7:15am-9:15am                     |
| <b>Indoor Family Playground</b> (G)<br>9:30am-12:00pm<br>(0-5 yrs w/parent) | <b>Cardio Dance</b> (G)<br>9:15am-10:15am                   | <b>Indoor Family Playground</b> (G)<br>9:30am-12:00pm<br>(0-5 yrs w/parent) | <b>Cardio Dance</b> (G)<br>9:15am-10:15am                    | <b>Indoor Family Playground</b> (G)<br>9:30am-12:00pm<br>(0-5 yrs w/parent) |   | (Reg.) <b>Ping Pong</b> (YPB)<br>9:00am-11:00pm                  |
|   | <b>Drop-in Pickleball</b> (G)<br>10:30am-12:30pm            |   | <b>Drop-in Pickleball</b> (G)<br>10:30am-12:30pm             |   | <b>Indoor Family Playground w/ Bouncy Castle</b> (G)<br>9:30am-12:00pm<br>(0-12 yrs w/parent)                   | <b>Family Open Gym</b><br>9:30am-11:00am<br>(Parents Present)    |
| <b>Afternoon – 12:00pm to 4:00pm</b>  |   |   |  |   |   |  |
| <b>Drop-in Pickleball</b> (G)<br>12:30pm-2:30pm                             | <b>Drop-in Basketball</b> (G)<br>1:00pm-4:00pm              | <b>Drop-in Pickleball</b> (G)<br>12:30pm-2:30pm                             | <b>Drop-in Basketball</b> (G)<br>1:00pm-3:30pm               | <b>Drop-in Pickleball</b> (G)<br>12:30pm-2:30pm                             | <b>Drop-in Basketball</b> (G)<br>12:30pm-2:30pm<br>*Reserved Partner Organization*<br>(Jan. 17 - Feb. 28, 2026) | <b>Birthday Parties</b><br>11:00am-1:00pm<br>(Reg. Booking)      |
| <b>Drop-in Basketball</b> (G)<br>3:00pm-3:45pm                              |   | <b>Drop-in Basketball</b> (G)<br>3:00pm-3:45pm                              |  | <b>Drop-in Basketball</b> (G)<br>2:45pm-5:15pm                              | (Reg.) <b>Beginners Volleyball</b> (G)<br>2:45pm-4:15pm   | (Reg.) <b>Kick Like a Girl</b> (G) 1:30pm-4:30pm<br>(3 sessions) |
| <b>Evening – 4:00pm to Close</b>  |   |   |  |   |   |  |
| (Reg.) <b>Y Kickers</b> (G) 4:00pm-5:00pm                                   | <b>CYF Basketball</b> (G)<br>4:30pm-5:30pm                  | (Reg.) <b>Y Kickers</b> (G) 4:00pm-5:00pm                                   | <b>CYF Sports</b> (½ G) 3:45pm-6:00pm                        | (Reg.) <b>Badminton</b> (G) 5:30pm-7:30pm                                   | (Reg.) <b>Inter/Adv Volleyball</b> (G) 4:15pm-6:15pm  | <b>Drop-in Pickleball</b> (G) 4:45pm-6:30pm                      |
| (Reg.) <b>Growing Mindfully</b> (½ G) 5:00pm-7:00pm                         | <b>CYF Active Kids</b> (G) 5:30pm-6:00pm                    | (Reg.) <b>Growing Mindfully</b> (½ G) 5:00pm-7:00pm                         | (Reg.) <b>Mini Kickers</b> (½ G) 3:45pm-6:00pm<br>(2.5-4yrs) |   | (Reg.) <b>Ping Pong</b> (YPB) 6:00pm-8:00pm   | (Reg.) <b>Ping Pong</b> (YPB) 6:00pm-8:00pm                      |
| <b>CYF Sports</b> (G) 5:00pm-6:00pm   | <b>Dance</b> (G) 6:15pm-7:15pm                              | <b>CYF Sports</b> (G) 5:00pm-6:00pm   | <b>Zumba</b> (G) 6:15pm-7:15pm                               |   |   |  |
| (Reg.) <b>Inter/Adv Pickleball</b> (G) 7:00pm-9:30pm                        | (Reg.) <b>Advance Volleyball</b> (G) 7:30pm-9:30pm<br>(16+) | (Reg.) <b>Beginner Pickleball</b> (G) 7:15pm-9:30pm                         | <b>Drop-in Basketball</b> (G) 7:30pm-9:30pm<br>(All Ages)    | (Reg.) <b>Soccer</b> (G) 7:45pm-9:30pm<br>(All Ages)                        | <b>Adult Only Basketball</b> (G) 6:30pm-8:30pm<br>(19+)   | (Reg.) <b>Badminton</b> (G) 6:45pm-8:30pm                        |

Updated on January 8<sup>th</sup> 2026

Schedule may change without notice. For bookings, live updates for most programs, please check the YMCA BC app.