



Winter 2026

Tong Louie Family YMCA

Gymnasium Schedule

Updated January 6, 2026

Room Guide: (G1) Gym 1 · (G2) Gym 2 · (F) Full Gym

Please note that there will be a minimum 10 minute set-up period between all programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-10:15am	Open Gym (F) 5:30am-8:00am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 5:30am-8:45am	Open Gym (F) 7:00am-7:45am	Badminton (F) 7:00am-10:30am
Group Fitness (F) 9:15am-10:15am	Indoor Family Playground (G2) 10:30am-12:00pm	Open Gym (G2) 8:00am-10:15am	Group Fitness (F) 9:15am-10:15am	Group Fitness (F) 9:15am-10:15am	Group Fitness (F) 8:15am-9:15am	Children's Rock Climbing (G1) Ages 6-12 11:00am-1:30pm
Basketball (G1) 10:30am-12:30pm		Healthy Heart (G1) 8:00am-10:00am	Indoor Family Playground (G2) 10:30am-12:00pm	Pickle Ball (F) 10:30am-1:30pm	Group Fitness (F) 9:30am-10:30am	Indoor Family Playground (G2) 11:00am-1:30pm
Indoor Family Playground (G2) 10:30am-12:00pm		Basketball (G1) 10:00am-12:30pm			Generation Health - Clinic (G1) 10:45am-1:45pm	
		Indoor Family Playground (G2) 10:30am-12:00pm			Indoor Family Playground (G2) 11:00am-1:30pm	
Evening						
Pickle Ball (F) 12:30pm-3:30pm	Pickle Ball (F) 12:30pm-3:30pm	Pickle Ball (F) 12:30pm-3:30pm	Pickle Ball (F) 12:30pm-3:30pm	Basketball (F) Ages 10+ 1:45pm-3:45pm	Badminton (F) 2:00pm-4:30pm	Kick Like a Girl Ages 4-14yrs (F) 2:00-5:00pm
Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Children's Rock Climbing (G1) Ages 6-12 3:30pm-5:30pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Soccer Without Borders Ages 5-12yrs (F) 4:00-7:00pm	Basketball (F) Ages 10+ 4:30pm-8:55pm	<i>January 11th – March 1st</i>
Adult Basketball (G1) Ages 19+ 3:30pm-6:15pm	Adult Basketball (G1) Ages 19+ 3:30pm-6:45pm	Youth Basketball (G2) Ages 10-18 3:30pm-5:00pm	Adult Basketball (G1) Ages 19+ 3:30pm-5:00pm			Open Gym (F) 5:15pm-8:55pm
Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Child, Youth, & Family Programs (G2) 5:15pm-6:30pm	Child, Youth, & Family Programs (G2) 5:15pm-7:30pm	Open Gym (F) 7:00pm-9:55pm		
Generation Health - Clinic (G1) 6:15pm-7:30pm	Generation Health - Clinic (G1) 6:15pm-7:30pm	Group Fitness (F) 6:45pm-7:45pm	Generation Health - Clinic (G1) 6:15pm-7:30pm			
Karate (G1) 7:30pm – 8:30pm	Adult Basketball (F) Ages 19+ 8:00pm-9:55pm	Badminton (F) 8:00pm-9:55pm	Karate (G1) 7:30pm – 8:30pm			
Badminton (G1) 7:30pm-8:30pm			Adult Basketball (F) Ages 19+ 8:30pm-9:55pm			
Badminton (F) 8:40pm-9:55pm						

Schedule subject to change without notice.

gv.ymca.ca/tong-louie-family-ymca