

## Gymnasium Schedule

Winter Schedule: Effective January 28<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) 6:00am-9:00am	<b>Drop-in Badminton</b> (G) 6:00am-9:00am	<b>Drop-in Pickleball</b> (G) 6:00am-9:00am	<b>Drop-in Basketball</b> (G) 6:00am-9:00am (All Ages)	<b>Drop-in Basketball</b> (G) 6:00am-9:00am (All Ages)	<b>Drop-in Basketball</b> (G) 7:00am-9:00am (All Ages)	(Reg.) <b>Badminton</b> (G) 7:15am-9:15am
<b>Indoor Family Playground</b> (G) 9:30am-12:00pm (0-5 yrs w/parent)	<b>Cardio Dance</b> (G) 9:15am-10:15am	<b>Indoor Family Playground</b> (G) 9:30am-12:00pm (0-5 yrs w/parent)	<b>Cardio Dance</b> (G) 9:15am-10:15am	<b>Indoor Family Playground</b> (G) 9:30am-12:00pm (0-5 yrs w/parent)		(Reg.) <b>Ping Pong</b> (YPB) 9:00am-11:00pm
	<b>Drop-in Pickleball</b> (G) 10:30am-12:30pm		<b>Drop-in Pickleball</b> (G) 10:30am-12:30pm		<b>Indoor Family Playground w/ Bouncy Castle</b> (G) 9:30am-12:00pm (0-12 yrs w/parent)	<b>Family Open Gym</b> 9:30am-11:00am (Parents Present)
<b>Afternoon – 12:00pm to 4:00pm</b>						
<b>Drop-in Pickleball</b> (G) 12:30pm-2:30pm	<b>Drop-in Basketball</b> (G) 1:00pm-4:00pm	<b>Drop-in Pickleball</b> (G) 12:30pm-2:30pm	<b>Drop-in Basketball</b> (G) 1:00pm-3:30pm	<b>Drop-in Pickleball</b> (G) 12:30pm-2:30pm	<b>*Reserved Partner Organization*</b> (Jan. 17 - Feb. 28, 2026) 12:30pm-2:30pm	<b>Birthday Parties</b> 11:00am-1:00pm (Reg. Booking)
<b>Drop-in Basketball</b> (G) 3:00pm-3:45pm		<b>Drop-in Basketball</b> (G) 3:00pm-3:45pm		<b>Drop-in Basketball</b> (G) 2:45pm-5:15pm	(Reg.) <b>Beginners Volleyball</b> (G) 2:45pm-4:15pm	(Reg.) <b>Kick Like a Girl</b> (G) 1:30pm-4:30pm (3 sessions)
<b>Evening – 4:00pm to Close</b>						
(Reg.) <b>Y Kickers</b> (G) 4:00pm-5:00pm	<b>CYF Basketball</b> (G) 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 (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 (16+)	(Reg.) <b>Beginner Pickleball</b> (G) 7:15pm-9:30pm	<b>Drop-in Basketball</b> (G) 7:30pm-9:30pm (All Ages)	(Reg.) <b>Soccer</b> (G) 7:45pm-9:30pm (All Ages)	<b>Adult Only Basketball</b> (G) 6:30pm-8:30pm (19+)	(Reg.) <b>Badminton</b> (G) 6:45pm-8:30pm

Updated on January 28<sup>th</sup> 2026

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