




Gymnasium Schedule

Summer 2024

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		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		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:00am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 7:00am - 7:45am		Badminton 7:00am - 10:30am	
		Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Open Gym 8:00am - 10:00am	Healthy Heart 8:00am - 10:00am	Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Y Strength (Group Fitness) 8:15am - 9:15am			
		Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am				Group Power (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am		Group Power (Group Fitness) 9:30am - 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		Takedown 10:30am - 10:45am	Setup 10:30am - 11:00am		
		Basketball 10:30am - 12:30pm	Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm	Half Day Camps 10:30am - 11:30am	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	Half Day Camps 10:30am - 11:30am	Indoor Family Playground Ages 0-5 10:30am - 12:00pm	Open Gym 10:30am - 1:30pm		Open Gym 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm		
	Takedown 12:00pm - 12:30pm		11:30am - 12:30pm	Takedown 12:00pm - 12:30pm	Takedown 12:00pm - 12:30pm		11:30am - 12:30pm	Takedown 12:00pm - 12:30pm							
Afternoon		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Takedown 1:30pm-1:45pm		Badminton 2:00pm - 4:30pm		Open Gym 2:00pm - 6:55pm	
		Basketball 1:45pm - 3:45pm													
			Adult Basketball Ages 19+ 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Adult Basketball Ages 19+ 3:30pm - 6:45pm	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	Open Gym 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Setup 3:45pm - 4:00pm				
		Registered Program 6:15pm - 7:30pm	Child, Youth & Family Programs 5:15pm - 7:30pm	Take down 6:45pm - 7:00pm	Child, Youth & Family Programs 5:15pm - 7:30pm	Child, Youth & Family Programs 5:15pm - 6:30pm	Setup 5:00pm - 5:15pm	Registered Program 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm	Youth Night 4:00pm - 7:00pm		Basketball Ages 10+ 4:30pm - 6:55pm		
		Karate 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm	7:00pm - 8:00pm	Take down 7:30pm - 7:45pm	Y Tone (Group Fitness) 6:45pm - 7:45pm	Take down/Setup 7:45pm - 8:00pm	Karate 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm	Open Gym 7:00pm - 9:55pm					
Evening		Badminton 8:30pm - 9:55pm		Adult Basketball Ages 19+ 8:00pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 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: July 12, 2024	
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.		