




Gymnasium Schedule

Fall 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 Setup 7:45am - 8:15am		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	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	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								
Afternoon	Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:30pm		Open Gym 12:30pm - 3:15pm Setup 3:15pm - 3:30pm		Takedown 1:30pm-1:45pm Basketball 1:45pm - 3:45pm		Badminton 2:00pm - 4:30pm		Open Gym 2:00pm - 6:55pm	
	Adult Basketball Ages 19+ 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Adult Basketball Ages 19+ 3:30pm - 6:45pm	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		Youth Night 4:00pm - 7:00pm TBD	Basketball Ages 10+ 4:30pm - 6:55pm		
		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	Take down 6:45pm - 7:00pm	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	Open Gym 7:00pm - 9:55pm					
	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		Karate 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm						
Badminton 8:30pm - 9:55pm	Adult Basketball Ages 19+ 8:00pm - 9:55pm		Take down/Setup 7:45pm - 8:00pm		Badminton 8:00pm - 9:55pm	Adult Basketball Ages 19+ 8:30pm - 9:55pm								
Evening	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 7:00pm - 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. When using additional equipment, please ensure it is put away properly into our storage space.	
Drop-in Basketball	This gym schedule is subject to change without notice.	
Drop-in Badminton/Pickleball	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.	
Group Fitness	Revised: September 25, 2024	
Open gym	Schedule in effect: September 29, 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.		