




# Gymnasium Schedule

## December 22 - 28, 2024

	Sunday, Dec. 22		Monday, Dec. 23		Tuesday, Dec. 24		Wednesday, Dec. 25		Thursday, Dec. 26		Friday, Dec. 27		Saturday, Dec. 28			
Hours	7:00am - 7:00pm		5:30am - 10:00pm		5:30am - 5:00pm		CLOSED		7:00am - 7:00pm		5:30am - 10:00pm		7:00am - 7:00pm			
	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	Badminton 7:00am - 10:30am		Open Gym 5:30am - 8:50am		Open Gym 5:30am - 8:50am		CLOSED		Open Gym 7:00am - 8:50am		Open Gym 5:30am - 8:50am		Open Gym 7:00am - 7:45am			
			Setup 8:50am - 9:15am		Setup 8:50am - 9:15am				Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Setup 7:45am - 8:15am	
			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		Y Strength (Group Fitness) 8:15am - 9:15am	
			Takedown 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am				Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		Takedown 10:30am - 10:45am	
Afternoon	Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm		Indoor Family Playground Ages 0-12 11:00am - 1:30pm		Basketball Ages 10+ 10:30am - 12:30pm		Bouncy Castle Playground Ages 0-5 10:30am - 12:00pm		Basketball Ages 10+ 10:30am - 12:30pm		Basketball Ages 10+ 10:30am - 12:30pm		Pickleball 10:30am - 1:30pm		Generation Health - Clinic 10:45am - 1:45pm	
	Takedown 1:30pm - 2:00pm								Christmas Day		Pickleball 12:30pm - 3:30pm		Indoor Family Playground Ages 0-12 11:00am - 1:30pm		Takedown 1:30pm - 2:00pm	
			Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm				Tong Louie Family YMCA Closed		Basketball 1:45pm - 3:45pm		Badminton 2:00pm - 4:30pm			
	Open Gym 2:00pm - 6:55pm		Adult Basketball Ages 19+ 3:30pm - 7:15pm		Youth Basketball Ages 10-18 3:30pm - 7:15pm		Adult Basketball Ages 19+ 3:30pm - 4:55pm		Youth Basketball Ages 10-18 3:30pm - 4:55pm		Adult Basketball Ages 19+ 3:30pm - 4:55pm		Youth Basketball Ages 10-18 3:30pm - 4:55pm		Basketball Ages 10+ 4:30pm - 6:55pm	
Evening			Set up 7:15pm - 7:30pm						Open Gym 5:00pm - 6:55pm		Youth Night 4:00pm - 7:00pm TBD		Open Gym 7:00pm - 9:55pm			
			Badminton 7:30pm - 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. 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: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.	
Group Fitness	Revised: November 25, 2024	
Open gym	Schedule in effect: December 22, 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.		

