

## **Gymnasium Schedule**

## **December 22 - 28, 2024**

Hours	Sunday, Dec. 22 ours 7:00am - 7:00pm		Monday, Dec. 23 5:30am - 10:00pm		Tuesday, Dec. 24 5:30am - 5:00pm		Wednesday, Dec. 25 CLOSED		Thursday, Dec. 26 7:00am - 7:00pm		Friday, Dec. 27 5:30am - 10:00pm		7:00am - 7:00pm		
Hours	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	
	Badminton 7:00am - 10:30am		<b>Open Gym</b> 5:30am - 8:50am		<b>Open Gym</b> 5:30am - 8:50am		Gym 2		Sym 2		Open Gym		Open Gym 7:00am - 7:45am Setup		
									<b>Open Gym</b> 7:00am - 8:50am		5:30am - 8:50am		7:45am - 8:15am  Y Strength (Group Fitness) 8:15am - 9:15am  Group Power		
			Setup 8:50am - 9:15am		Setup 8:50am - 9:15am				Setup 8:50am - 9:15am		Setup 8:50am - 9:15am				
Morning			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 Fitness) 9:30am - 10:30am Takedown 10:30am - Setup		
Σ	Takedown Setup 10:15am - 10:30am - 10:30am 11:00am		Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am				Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		10:45am 10:30	10:30am - 11:00am	
	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	Age	setball s 10+ - 12:30pm	om		Basketball Ages 10+ 10:30am - 12:30pm		Pickleball 10:30am - 1:30pm		Generation Health - Clinic 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm	
	Takedown 1:30pm-2:00pm		12:30pm - 12:30pm Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Christmas Day							Takedown 1:30pm -	
														2:00pm	
							Tong Louie		Pickleball		Takedown 1:30pm-1:45pm				
Afternoon							Family		12:30pm - 3:30pm			m - 3:45pm	<b>Badminton</b> 2:00pm - 4:30pm		
					Adult Basketball	Youth Basketball			Adult Basketball	Youth Basketball	Setup 3:4	15pm - 4:00pm	-		
		<b>Open Gym</b> 2:00pm - 6:55pm		Youth	Ages 19+ Ages 10-18  3:30pm - 3:30pm - 4:55pm 4:55pm		3:30	Ages 19+ 3:30pm - 4:55pm	3:30pm - 3:30pm -						
	2:00pm			Basketball Basketball Ages 19+ Ages 10-18								Youth Night			
			3:30pm -	3:30pm -							4:00p	m - 7:00pm	Baske Ages	etball i 10+	
DQ	Evening		7:15pm 7:15pm							<b>Open Gym</b> 5:00pm - 6:55pm		TBD		4:30pm - 6:55pm	
Evenin			Set up												
				- 7:30pm					Open Gym						
			<b>Badminton</b> 7:30pm - 9:55pm												
											7:00p	m - 9:55pm			
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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.  Gym usage may be affected on Statutory Holidays. For the most up to date						
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Group Fitness	schedule information, please visit our website: gv.ymca.ca or scan the QR code.						
	Revised: November 25, 2024 Schedule in effect: December 22, 2024						
	Blasco note: There will now be a minumum 10 minute set up period for						





## **Gymnasium Schedule**

## December 29, 2024 - January 4, 2025

	Sunday	, Dec. 29	Monday	Monday, Dec. 30 Tuesday, Dec. 31			Wedneso	day, Jan. 1	Thursda	ay, Jan. 2	Friday, Jan. 3		Saturday, Jan. 4	
Hours	urs 7:00am - 7:00pm		5:30am - 10:00pm		5:30am - 5:00pm		7:00am - 7:00pm		5:30am - 10:00pm		5:30am - 10:00pm			- 7:00pm
	Gym 1 Gym 2  Badminton 7:00am - 10:30am		Open Gym 5:30am - 8:50am  Setup 8:50am - 9:15am		Gym 1 Gym 2  Open Gym  5:30am - 8:50am		Gym 1 Gym 2  Open Gym  5:30am - 8:00am		Gym 1 Gym 2  Open Gym 5:30am - 8:50am		Gym 1 Gym 2  Open Gym  5:30am - 8:50am		Gym 1 Gym 2  Open Gym 7:00am - 7:45am  Setup 7:45am - 8:15am	
					Setup 8:50am - 9:15am		Open Gym	Healthy Heart 8:00am - 10:00am	Setup 8:50am - 9:15am Group Power (Group Fitness) 9:15am - 10:15am		Setup 8:50am - 9:15am		Y Strength (Group Fitness) 8:15am - 9:15am	
Morning			Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am		8:00am - 10:00am				Y Strength (Group Fitness) 9:15am - 10:15am		(Group	Power Fitness) 10:30am
2	Takedown Setup 10:15am - 10:30am - 10:30am 11:00am		Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am				Takedown/Setup 10:15am - 10:30am		Takedown/Setup 10:15am - 10:30am		10:30	10:30am - 11:00am
	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 Takedown 12:00pm - 12:30pm	Basketball Ages 10+ 10:30am - 12:30pm			Basketball 10:00am - 12:30pm		Indoor Family Playground Ages 0-5  10:30am - 12:00pm  Takedown 12:00pm - 12:30pm	Pickleball 10:30am - 1:30pm		Basketball Ages 10+ 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm
	Takedown 1:30pm-2:00pm					Pickleball 12:30pm - 3:30pm						Takedown 1:30pm - 2:00pm		
	Afternoon		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm			Pickleball 12:30pm - 3:30pm			kedown pm-1:45pm	<b>Badminton</b> 2:00pm - 4:30pm		
Afternoon											m - 3:45pm			
					Adult Basketball	Youth Basketball			Adult Basketball	Youth Basketball Ages 10-18  3:30pm - 5:00pm  Setup 5:00pm - 5:15pm	Setup 3:	45pm - 4:00pm		
		<b>Open Gym</b> 2:00pm - 6:55pm		Adult Youth Basketball Ages 19+ Ages 10-18		Ages 19+ Ages 10-18 3:30pm - 3:30pm - 4:55pm 4:55pm	Adult Basketball Ages 19+ 3:30pm - 5:00pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	Ages 19+ 3:30pm - 5:00pm		Youth Night		Basketball	
	Evening		3:30pm - 7:15pm 7:15pm  Set up 7:15pm - 7:30pm  Badminton 7:30pm - 9:55pm				Set up 5:00pm - 5:15pm Badminton 5:15pm - 6:55pm			Child, Youth & Family Programs 5:15pm - 7:30pm	4:00pm - 7:00pm TBD		Ages 10+ 4:30pm - 6:55pm	
Evening									Basketball Ages 10+ 5:00pm - 8:30pm					
									Take down 7:30pm - 7:45pm	<b>Open Gym</b> 7:00pm - 9:55pm				
									Adult Basketball Ages 19+ 8:30pm - 9:55pm					

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Open gym	Revised: November 25, 2024 Schedule in effect: December 22, 2024						

