

## **Gymnasium Schedule**

Sun	ıday	Mor	nday	Tue	sday	Wedn	nesday	Thur	sday	Friday	Satu	ırday	
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	
<b>Badminton</b> 7:00am - 10:30am		Open Gym 5:30am - 8:50am Setup 8:50am - 9:15am		<b>Open Gym</b> 5:30am - 10:00am		<b>Open Gym</b> 5:30am - 8:00am		<b>Open Gym</b> 5:30am - 8:50am		<b>Open Gym</b> 5:30am - 8:50am	Open Gym 7:00am - 7:45am Setup 7:45am - 8:15am		
						<b>Open Gym</b> 8:00am - 10:00am	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		
		Y Strength (Group Fitness) 9:15am - 10:15am								Y Strength (Group Fitness) 9:15am - 10:15am	Takedown		
Takedown 10:15am - 10:30am	Setup 10:30am - 11:00am	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	11:003		
Children's Indoor Climbing Ages 6-12 11:00am - 1:30pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm	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  Takedown	Pickleball 10:30am - 1:30pm	Generation Health - Clinic 10:45am - 1:45pm	Indoor Fami Playground Ages 0-12 11:00am - 1:30pm	
Take	down -2:00pm		12:00pm - 12:30pm		12:00pm - 12:30pm		12:00pm - 12:30pm		12:00pm - 12:30pm			Takedown 1:30pm - 2:00pm	
		Pickleball		Pickleball 12:30pm - 3:30pm		Pickleball  12:30pm - 3:15pm  Setup  3:15pm -  3:30pm		Pickleball 12:30pm - 3:30pm		Takedown 1:30pm-1:45pm	Badminton 2:00pm - 4:30pm		
		12:30pm - 3:30pm								Basketball 1:45pm - 3:45pm			
		Adult	Youth	Adult	Youth	Children's	Youth	Adult	Youth	Setup 3:45pm - 4:00pm			
<b>Open Gym</b> 2:00pm - 8:55pm		Basketball Ages 19+	Basketball Ages 10-18	Basketball Ages 19+	Basketball Ages 10-18	Indoor Climbing Ages 6-12	Basketball Ages 10-18	Basketball Ages 19+	Basketball Ages 10-18				
		3:30pm - 6:15pm	3:30pm - 5:00pm Setup 5:00pm -	3:30pm - 6:45pm	3:30pm - 5:00pm Setup 5:00pm -		3:30pm - 5:00pm	3:30pm - 5:00pm Open Gym	3:30pm - 5:00pm Setup 5:00pm -	Youth Night			
			5:15pm Child, Youth	5:15pm Child, Youth		5:00pm - 5:15pm  Child, Youth & Family  Programs		5:30pm - 6:15pm	5:15pm Child, Youth	4:00pm - 7:00pm TBD		Basketball	
		Generation Health - Clinic 6:15pm - 7:30pm	& Family Programs 5:15pm - 7:30pm	Take down 6:45pm - 7:00pm Generation Health - Community  7:00pm - 8:00pm Adult Basketball		5:15pm - 6:30pm Setup 6:30pm - 6:45pm		Generation Health - Clinic 6:15pm - 7:30pm	& Family Programs 5:15pm - 7:30pm		Ages 10+ 4:30pm - 8:55pm		
		<b>Karate</b> 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm			Y Tone (Group Fitness) 6:45pm - 7:45pm Take down/Setup 7:45pm - 8:00pm		<b>Karate</b> 7:30pm - 8:30pm	Take down 7:30pm - 7:45pm	<b>Open Gym</b> 7:00pm - 9:55pm			
		<b>Badminton</b> 8:30pm - 9:55pm		Ages 19+ 8:00pm - 9:55pm		### Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm		7.00рш - 3.30рш			
		6:3Upm -	- Diyec.e				•		- ฮ:ออุทท				

Child, Youth & Family Programs	Please note the following:  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.  This gym schedule is subject to change without notice.  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.					
Registered Program						
Drop-in Basketball						
Drop-in Badminton/Pickleball						
Group Fitness	Revised: January 6, 2025 Schedule in effect: January 11, 2025					
Open gym						
	Please note: There will now be a minumum, 10 minute set-up period for all programs					

