




# Gymnasium Schedule

## Winter 2025

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
	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 - 10:00am		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 8:50am - 9:15am		Open Gym 5:30am - 10:00am		Open Gym 8:00am - 10:00am		Healthy Heart 8:00am - 10:00am		Setup 8:50am - 9:15am		Setup 8:50am - 9:15am		Setup 7:45am - 8:15am	
			Y Strength (Group Fitness) 9:15am - 10:15am		Open Gym 5:30am - 10:00am		Open Gym 8:00am - 10:00am		Healthy Heart 8:00am - 10:00am		Group Power (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 8:15am - 9:15am	
Afternoon	Takedown 10:15am - 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		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		Setup 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 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 10:30am - 12:30pm		Indoor Family Playground Ages 0-12 11:00am - 1:30pm	
Evening	Takedown 1:30pm - 2:00pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:30pm		Pickleball 12:30pm - 3:15pm		Pickleball 12:30pm - 3:30pm		Takedown 1:30pm - 1:45pm		Basketball 1:45pm - 3:45pm		Badminton 2:00pm - 4:30pm	
	Open Gym 2:00pm - 8:55pm		Adult Basketball Ages 19+ 3:30pm - 6:15pm		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	
	Open Gym 2:00pm - 8:55pm		Setup 5:00pm - 5:15pm		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		Youth Night 4:00pm - 7:00pm	
Open Gym 2:00pm - 8:55pm		Generation Health - Clinic 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 6:30pm		Child, Youth & Family Programs 5:15pm - 6:30pm		Generation Health - Clinic 6:15pm - 7:30pm		Child, Youth & Family Programs 5:15pm - 7:30pm		TBD		
Open Gym 2:00pm - 8:55pm		Karate 7:30pm - 8:30pm		Take down 7:30pm - 7:45pm		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		Basketball Ages 10+ 4:30pm - 8:55pm		
Open Gym 2:00pm - 8:55pm		Set up 8:30pm - 8:40pm		Adult Basketball Ages 19+ 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:00pm - 9:55pm		Take down/Setup 7:45pm - 8:00pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm		Open Gym 7:00pm - 9:55pm		Basketball Ages 10+ 4:30pm - 8:55pm		
Open Gym 2:00pm - 8:55pm		Badminton 8:40pm - 9:55pm		Badminton 8:40pm - 9:55pm		Badminton 8:00pm - 9:55pm		Badminton 8:00pm - 9:55pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm		Open Gym 7:00pm - 9:55pm		Basketball Ages 10+ 4:30pm - 8:55pm		

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: <a href="http://gv.ymca.ca">gv.ymca.ca</a> or scan the QR code.	
Open gym	Revised: February 3, 2025 Schedule in effect: February 3, 2025	
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.		