



Good Friday Program Schedule

Friday, April 18, 2025

	Studio 1	Studio 2	Gym 1	Gym 2	Pool
MORNING	7:00				
	8:00	Y Hatha Yoga Supriya 8:00am - 9:00am			Aquafit Sandra 8:15am - 9:00am
	9:00				
	10:00	Y Step Jennifer 9:15am - 10:15am	Y Strength Gareth 9:15am - 10:15am		Aquafit Sandra 9:15am - 10:00am
AFTERNOON	11:00		Set Up/Take Down		
	12:00		Pickleball 10:30pm - 1:30pm		
	1:00		Set Up/Take Down		
	2:00				
EVENING	3:00				Public Swim 7:00am - 8:45pm
	4:00		Basketball Ages 10+ 1:45pm - 6:15pm		
	5:00				
	6:00	Y Strength Jacqueline 5:30pm - 6:30pm			
			Set Up/Take Down		
	7:00	Zumba Toning Gaby 6:45pm - 7:30pm			
	8:00		Badminton 6:30pm - 8:55pm		

Pickleball / Badminton

Please see above for the statutory holiday program schedule for Good Friday.

Basketball

There will be no swim lessons on Friday, April 18, 2025. All CYF Programs are closed.
There will now be a minimum, 10 minute set-up period for all programs.

Group Fitness Class

Schedule is subject to change.

Public Swim

For additional schedule information, please visit our website:
gv.ymca.ca or scan the QR code.
Schedule revised: April 9, 2025





Easter Monday Program Schedule

Monday, April 21, 2025

	Studio 1	Studio 2	Gym 1	Gym 2	Pool
MORNING	7:00				
	8:00	MOSSA Group Power June 8:00am - 9:00am			Aquafit Andy 8:15am - 9:00am
	9:00	Y Cyclefit Shannon 9:00am - 9:45am			Aquafit Andy 9:15am - 10:00am
	10:00	Y Cardio Strength Ildi 9:15am - 10:15am	Y Strength Sherrie 9:15am - 10:15am		
AFTERNOON		Y Hatha Yoga Irene 10:30am - 11:30am	Set Up/Take Down		
	11:00		Pickleball 10:30pm - 1:30pm		
	12:00				
	1:00		Set Up/Take Down		
EVENING	2:00				Public Swim 7:00am - 8:45pm
	3:00				
	4:00		Basketball Ages 10+ 1:45pm - 6:15pm		
	5:00	MOSSA Group Power Tom 5:30pm - 6:30pm			
	6:00		Set Up/Take Down		
	7:00		Badminton 6:30pm - 8:55pm		Aquafit Louise 7:30pm - 8:15pm
	8:00	Zumba Rosselle 8:00pm - 9:00pm			

Pickleball / Badminton

Please see above for the statutory holiday program schedule for Easter Monday.

Basketball

There will be no swim lessons on Monday, April 21, 2025. All CYF Programs are closed.
There will now be a minimum, 10 minute set-up period for all programs.

Group Fitness Class

Schedule is subject to change.

Public Swim

For additional schedule information, please visit our website:
gv.ymca.ca or scan the QR code.
Schedule revised: April 9, 2025

