



Gymnasium Schedule

Spring 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 7:45am - 8:15am							
			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		Y Strength (Group Fitness) 8:15am - 9:15am	
									Y Strength (Group Fitness) 9:15am - 10:15am		Group Power (Group Fitness) 9:15am - 10:15am		Y Strength (Group Fitness) 9:15am - 10:15am	
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		Takedown 10:30am - 10:45am	Setup 10:30am - 11:00am
Afternoon	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	Pickleball 10:30am - 1:30pm		Generation Health - Clinic 10:45am - 1:45pm	Indoor Family Playground Ages 0-12 11:00am - 1:30pm
				Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm		Takedown 12:00pm - 12:30pm				
	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		Badminton 2:00pm - 4:30pm	
	Basketball 1:45pm - 3:45pm													
	Open Gym 2:00pm - 8:55pm		Adult Basketball Ages 19+ 3:30pm - 6:15pm	Youth Basketball Ages 10-18 3:30pm - 5:00pm	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		Basketball Ages 10+ 4:30pm - 8:55pm	
			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					
			Generation Health - Clinic 6:15pm - 7:30pm	Child, Youth & Family Programs	Generation Health - Clinic 6:15pm - 7:30pm	Child, Youth & Family Programs	Child, Youth & Family Programs 5:15pm - 6:30pm				Generation Health - Clinic 6:15pm - 7:30pm	Child, Youth & Family Programs 5:15pm - 7:30pm		
			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		
			Set up 8:30pm - 8:40pm	Adult Basketball Ages 19+ 7:45pm - 9:55pm		Take down/Setup 7:45pm - 8:00pm		Adult Basketball Ages 19+ 8:30pm - 9:55pm						
			Badminton 8:40pm - 9:55pm			Badminton 8:00pm - 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.
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: gv.ymca.ca or scan the QR code.
Open gym	Revised: April 3, 2025 Schedule in effect: April 6, 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.	

