



# Tong Louie Family YMCA

Spring 2026

## Gymnasium Schedule

Updated May 05 2026

**Room Guide: (G1) Gym 1 · (G2) Gym 2 · (F) Full Gym**

**Please note that there will be a minimum 10 minute set-up period between all programs.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
<b>Open Gym (F)</b> 5:30am-8:45am	<b>Open Gym (F)</b> 5:30am-10:15am	<b>Open Gym (F)</b> 5:30am-8:00am	<b>Open Gym (F)</b> 5:30am-8:45am	<b>Open Gym (F)</b> 5:30am-8:45am	<b>Open Gym (F)</b> 7:00am-7:45am	<b>Badminton (F)</b> 7:00am-10:30am
<b>Group Fitness (F)</b> 9:15am-10:15am	<b>Indoor Family Playground (G2)</b> 10:30 -12:00pm	<b>Open Gym (G2)</b> 8:00am-10:15am	<b>Group Fitness (F)</b> 9:15am-10:15am	<b>Group Fitness (F)</b> 9:15am-10:15am	<b>Group Fitness (F)</b> 8:15am-9:15am	<b>Children's Rock Climbing (G1)</b> Ages 6-12 11:00-1:30pm
<b>Basketball (G1)</b> 10:30am-12:30pm		<b>Healthy Heart (G1)</b> 8:00am-10:00am	<b>Indoor Family Playground (G2)</b> 10:30am-12:00pm	<b>Pickle Ball (F)</b> 10:30am-1:30pm	<b>Group Fitness (F)</b> 9:30am-10:30am	<b>Bouncy Castle Playground (G2)</b> 11:00am-1:30pm
<b>Bouncy Castle Playground (G2)</b> 10:30am-12:00pm		<b>Basketball (G1)</b> 10:00am-12:30pm			<b>Generation Health - Clinic (G1)</b> 10:45am-1:45pm	
		<b>Bouncy Castle Playground (G2)</b> 10:30am-12:00pm			<b>Bouncy Castle Playground (G2)</b> 11:00am-1:30pm	
<b>Evening</b>						
<b>Open Gym (F)</b> 12:30pm-3:30pm	<b>Open Gym (F)</b> 12:30pm-3:30pm	<b>Open Gym (F)</b> 12:30pm-3:30pm	<b>Open Gym (F)</b> 12:30pm-3:30pm	<b>Basketball (F)</b> Ages 10+ 1:45pm-3:45pm	<b>Badminton (F)</b> 2:00pm-4:30pm	<b>Basketball (F)</b> Ages 10+ 2:00pm-5:00pm
<b>Youth Basketball (G2)</b> Ages 10-18 3:30pm-5:00pm	<b>Youth Basketball (G2)</b> Ages 10-18 3:30pm-5:00pm	<b>Children's Rock Climbing (G1)</b> Ages 6-12 3:30pm-5:30pm	<b>Youth Basketball (G2)</b> Ages 10-18 3:30pm-5:00pm	<b>Youth Night (F)</b> 4:00pm-7:00pm	<b>Basketball (F)</b> Ages 10+ 4:30pm-8:55pm	<b>Open Gym (F)</b> 5:15pm-8:55pm
<b>Adult Basketball (G1)</b> Ages 19+ 3:30pm-6:15pm	<b>Adult Basketball (G1)</b> Ages 19+ 3:30pm-6:45pm	<b>Youth Basketball (G2)</b> Ages 10-18 3:30pm-5:00pm	<b>Adult Basketball (G1)</b> Ages 19+ 3:30pm-5:00pm	<b>Basketball (F)</b> Ages 10+ 7:15pm-9:55pm		
<b>Child, Youth, &amp; Family Programs (G2)</b> 5:15-7:30pm	<b>Child, Youth, &amp; Family Programs (G2)</b> 5:15-7:30pm	<b>Child, Youth, &amp; Family Programs (G2)</b> 5:15-6:30pm	<b>Child, Youth, &amp; Family Programs (G2)</b> 5:15-7:30pm			
<b>Generation Health - Clinic (G1)</b> 6:15pm-7:30pm	<b>Generation Health Clinic (G1)</b> 6:15-7:30pm	<b>Group Fitness (F)</b> 6:45pm-7:45pm	<b>Generation Health Clinic (G1)</b> 6:15pm-7:30pm			
<b>Karate (G1)</b> 7:30pm - 8:30pm	<b>Adult Basketball (F)</b> Ages 19+ 8:00pm-9:55pm	<b>Badminton (F)</b> 8:00pm-9:55pm	<b>Karate (G1)</b> 7:30pm - 8:30pm			
<b>Badminton (G1)</b> 7:30pm-8:30pm			<b>Adult Basketball (F)</b> Ages 19+ 8:30pm-9:55pm			
<b>Badminton (F)</b> 8:40pm-9:55pm						
<b>Schedule subject to change without notice.</b>				<a href="http://ymcabc.ca/locations/tong-louie-ymca">ymcabc.ca/locations/tong-louie-ymca</a>		