

Gymnasium Schedule

Starting October 5th , 2026!

Room Guide & Abbreviations:

(G) Gymnasium (Reg.) Registered Programs
(D.I.) Drop In (YPB) Y Play B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Drop-in Pickleball (G) 6:00am-9:00am (16 +)	Drop-in Badminton (G) 6:00am-9:00am (All Ages)	Drop-in Pickleball (G) 6:00am-9:00am (16 +)	Drop-in Basketball (G) 6:00am-9:00am (All Ages)	Drop-in Basketball (G) 6:00am-9:00am (All Ages)	Drop-in Basketball (G) 7:00am-9:00am (All Ages)	(Reg.) Badminton (G) 7:15am-9:15am
Indoor Family Playground (G) 9:30am-12:00pm (0-5 yrs w/parent)	Cardio Dance (G) 9:15am-10:15am	Indoor Family Playground (G) 9:30am-12:00pm (0-5 yrs w/parent)	Cardio Dance (G) 9:15am-10:15am	Indoor Family Playground (G) 9:30am-12:00pm (0-5 yrs w/parent)		
	Drop-in Pickleball (G) 10:30am-12:30pm (16 +)		Drop-in Pickleball (G) 10:30am-12:30pm (16 +)		Indoor Family Playground w/ Bouncy Castle(G) 9:30am-12:00pm (0-12 yrs w/parent)	Family Open Gym 9:30am-11:00am (Parents Present)
Afternoon – 12:00pm to 4:00pm						
Drop-in Pickleball (G) 12:30pm-2:30pm (16 +)	Drop-in Basketball (G) 1:00pm-4:00pm (All Ages)	Drop-in Pickleball (G) 12:30pm-2:30pm (16 +)	Drop-in Basketball (G) 1:00pm-3:30pm (All Ages)	Drop-in Pickleball (G) 12:30pm-2:30pm (16 +)	*Reserved Partner Organization* (Oct. 24 - Nov. 28, 2026) 12:30pm-2:30pm Drop In Basketball around dates!	Birthday Parties 11:00am-1:00pm (Reg. Booking)
Drop-in Basketball (G) 3:00pm-3:45pm (All Ages)		Drop-in Basketball (G) 3:00pm-3:45pm (All Ages)		Drop-in Basketball (G) 2:45pm-5:15pm	(Reg.) Beginners Volleyball (G) 2:45pm-4:15pm (All Ages)	(Reg.) Kick like a girl (G) 1:30pm-3:30pm (Oct. 18-Dec. 12)
Evening – 4:00pm to Close						
(Reg.) Y Kickers (G) 4:00pm-5:00pm	CYF Basketball (G) 4:30pm-5:30pm	(Reg.) Y Kickers (G) 4:00pm-5:00pm	CYF Sports (½ G) 3:45pm-6:00pm	(Reg.) Badminton (G) 5:30pm-7:30pm (All Ages)	(Reg.) Inter/Adv Volleyball (G) 4:15pm-6:15pm (16+)	(Reg.) Soccer without Borders (G) 3:30pm-5:30pm (Oct. 18-Dec. 12)
	CYF Active Kids (G) 5:30pm-6:00pm	(Reg.) Growing Mindfully (½ G) 5:00pm-7:00pm (October 21 to December 16)	(Reg.) Mini Kickers (½ G) 3:45pm-6:00pm (2.5-4yrs)			
CYF Sports (G) 5:00pm-6:00pm	Dance (G) 6:15pm-7:15pm	CYF Sports (G) 5:00pm-6:00pm	Zumba (G) 6:15pm-7:15pm		(Reg.) Ping Pong (YPB) 6:00pm-8:00pm	(Reg.) Ping Pong (YPB) 6:00pm-8:00pm
(Reg.) Inter/Adv Pickleball (G) 7:00pm-9:30pm (18 +)	(Reg.) Advance Volleyball (G) 7:30pm-9:30pm (16+)	(Reg.) Beginner Pickleball (G) 7:15pm-9:30pm (All Ages)	Drop-in Basketball (G) 7:30pm-9:30pm (All Ages)	(Reg.) Soccer (G) 7:45pm-9:30pm (16+)	Adult Only Basketball (G) 6:30pm-8:30pm (19+)	(Reg.) Badminton (G) 6:45pm-8:30pm (All Ages)

Updated on October 5th 2026

Schedule may change without notice. For bookings, live updates for most programs, please check myymca.ca.

