YMCA BC

Bettie Allard YMCA

Gymnasium Schedule

Starting October 28th , 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. 6)**
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-4:30pm **(Oct. 18-Dec. 6)**
	CYF Active Kids (G) 5:30pm-6:00pm	(Reg.) **Growing Mindfully** (½ G) 5:00pm-7:00pm (October 21 to December 16)				**Drop In Youth Pickleball** 4:45pm-6:30pm **(10-18 yrs)**
CYF Sports (G) 5:00pm-6:00pm	**Dance** (G) 6:15pm-7:15pm	**CYF Sports** (½ 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)**

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