



Gymnasium Schedule

Fall Session: September 26 - December 4, 2022

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

Statutory Holidays 8 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM (full) 5:30 - 6:30 AM	OPEN GYM (full) 5:30 - 6:30 AM	OPEN GYM (full) 5:30 - 6:30 AM	OPEN GYM (full) 5:30 - 6:30 AM	OPEN GYM (full) 5:30 - 6:30 AM		
OPEN GYM (half) 6:30 - 8:45 AM	OPEN GYM (half) 6:30 - 8:45 AM	OPEN GYM (half) 6:30 - 8:45 AM	OPEN GYM (half) 6:30 - 8:45 AM	OPEN GYM (half) 6:30 - 8:45 AM	OPEN GYM (full) 7 - 8:45 AM	OPEN GYM (full) 7 - 9:15 AM
PICKLEBALL 9:00 - 11:00 AM	PICKLEBALL 9:00 - 11:00 AM	PICKLEBALL 9:00 - 11:00 AM	PICKLEBALL 9:00 - 11:00 AM	PICKLEBALL 9:00 - 11:00 AM		
OPEN GYM (full) 11:15 - 2:30 PM	OPEN GYM (full) 11:15 - 12:45 PM PROGRAMMING 12:45 - 2:30 PM	OPEN GYM (full) 11:15 - 2:30 PM	OPEN GYM (full) 11:15 - 2:30 PM	OPEN GYM (full) 11:15 - 2:30 PM	PROGRAMMING 9 - 2 PM	OPEN GYM (half) 9:30 - 3 PM
OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2 - 4:45 PM	OPEN GYM (full) 3 - 4:45 PM
PROGRAMMING 4:30 - 7 PM	PROGRAMMING 4:30 - 7 PM	PROGRAMMING 4:30 - 7 PM	PROGRAMMING 4:30 - 6 PM OPEN GYM (full) 6 - 6:45 PM	OPEN GYM (full) 4:30 - 9:45 PM		
OPEN GYM (full) 7 - 9:45 PM	OPEN GYM (full) 7 - 9:45 PM	OPEN GYM (full) 7 - 9:45 PM	PROGRAMMING 7 - 9 PM OPEN GYM (full) 9 - 9:45 PM			

Schedules are subject to change.

705-497-9622 ymcaneo.ca
Building healthy communities