

Gymnasium Schedule

Winter Session: January 5 – March 15, 2026

Building Hours:
Monday - Friday 5:30am-10pm
Saturday 7am-5pm
Sunday 8am-4pm
Statutory Holidays 8am-4pm

MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		SATURDAY	SUNDAY
Open Gym (Full) 5:30-7:45am	Open Gym (Full) 5:30-8:45am		Open Gym (Full) 5:30-7:45am	Open Gym (Full) 5:30-8:45am		Open Gym (Full) 5:30-7:45am			
								Open Gym (Full) 7-8:45am	Pickleball (Full) 8-9:30am
Pickleball (Full) 8am-3pm	Mini Movers 9am-11am	Family Gym 9am-11am	Pickleball (Full) 8am-1pm	Mini Movers 9am-11am	Family Gym 9am-11am	Pickleball (Full) 8am-3pm		Registered Programs (Full) 8:45-11:40am	Birthday Party (Full) 10-11:45am
	Pickleball (Full) 11:30am-3pm			Open Gym (Half) 12-1pm	Birthday Party (Half) 12-1pm			Open Gym (Half) 12-1pm	Birthday Party (Half) 12-1pm
Open Gym (Full) 3-4:45pm	Open Gym (Full) 3-4:45pm		Open Gym (Full) 1-4:45pm	Open Gym (Full) 3-4:30pm		Open Gym (Full) 3-4:45pm		Open Gym (Full) 1:15-3pm	Open Gym (Full) 1:15-4pm
Registered Programs (Full) 4:45-7:10pm	Registered Programs (Half) 4:45-5:30pm	Child Care (Half) 4:45-5:30pm	Registered Programs (Full) 4:45-7:10pm	Pickleball (Full) 4:45-7:10pm		Open Gym (Half) 4:45-5:30pm	Child Care (Half) 4:45-5:30pm	Pickleball (Full) 3-5pm	
Pickleball (Full) 7:15-9pm	Registered Programs (Full) 5:30-7:10pm		Spartans (Full) 7:15-8:45pm	Spartans (Full) 7:15-8:45pm		Teen Night (Full) 5:30-7pm			
Open Gym (Full) 9-10pm	Open Gym (Full) 7:15-10pm		Open Gym (Full) 8:45-10pm	Open Gym (Full) 8:45-10pm		Open Gym (Full) 7-10pm			

Schedules are subject to change.

705-497-9622 | ymcaneo.ca

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Pickleball: Pickleball is a paddle sport combining elements of tennis, badminton, and ping-pong, played on a badminton-sized court with a low net, using paddles and a perforated plastic ball. ***Please see membership services to book your spot online!***

Family Gym Time

Designed with young families in mind, this drop-in gym time lets you play, move, and have fun together in our gymnasium. Conveniently scheduled at the same time as Mini Movers and just before Parent-Assisted Swim Lessons, it's the perfect way to enjoy Tuesdays and

Book Your Birthday Party!

Access to the gymnasium for fun games/activities, and your option to choose our Child-Minding room, lounge area, or Multi-Purpose room to have snacks, cake, and gift opening!

We can provide a fridge upon request. Tables and chairs are included.

Contact Membership Services Today to Book!

Squash & Racquetball Courts:

For players of all skill levels. Whether you're looking for a high-intensity workout, sharpening your competitive edge, or just having fun with a friend, our courts offer the perfect space to serve, rally, and score.

Please register online to reserve your timeslot or visit Membership Services to create your account!