

Gymnasium Schedule

Spring Session: April 6 – June 14, 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) 5:30-9:30am		Open Gym (Full) 5:30-7:45am	Open Gym (Full) 5:30-9:30am		Open Gym (Full) 5:30-7:45am	Open Gym (Full) 7-8:45am		Pickleball (Full) 8-9:30am	
Pickleball (Full) 8am-3pm	Pickleball (Half) 9:45-11:30am	Family Gym (Half) 9:30-11:25am	Pickleball (Full) 8am-1:15pm	Pickleball (Half) 9:45-11:30am	Family Gym (Half) 9:30-11:25am	Pickleball (Full) 8am-3pm	Registered Programs (Full) 8:45am-1:15pm		Birthdays Party (Full) 10-11:45am	
	Pickleball (Full) 11:30am-3pm			Pickleball (Full) 11:30am-3pm			Open Gym (Half) 1:15-3pm	Birthdays Party (Half) 1:15-2:30pm	Open Gym (Full) 12:15-1:15pm	
Open Gym (Full) 3-4:45pm	Open Gym (Full) 3-4:45pm		Open Gym (Full) 1:15-4:45pm	Open Gym (Full) 3-4:30pm		Open Gym (Full) 3-4:45pm	Pickleball (Full) 3-5pm		Open Gym (Half) 1:15-2:45pm	Birthdays Party (Half) 1:15-2:30pm 0pm
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 (Half) 4:45-7:10pm	Registered Programs (Half) 4:45-7:10pm	Open Gym (Half) 4:45-5:30pm			Child Care (Half) 4:45-5:30pm	Open Gym (Full) 2:45-4pm
Pickleball (Full) 7:15-10pm	Registered Programs (Full) 5:30-7:30pm		Pickleball (Full) 7:15-9:00pm	Spartans (Full) 7:15-8:45pm		Teen Night (Full) 5:30-7pm				
	Open Gym (Full) 7:30-10pm		Open Gym (Full) 9:00-10pm	Open Gym (Full) 8:45-10pm		Open Gym (Full) 7-10pm				

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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 our Move & Splash tot program, it's the perfect way to enjoy Tuesdays and Thursdays at the Y with your little ones!

Book Your Birthday Party!

Access to the gymnasium for fun games/activities, and your option to choose our lower 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!