



# Spring Gym Schedule

April 6, 2026 to June 14, 2026  
 Registration required for all programs.

Building Hours:

Monday - Friday 5:30am – 9:30pm

Saturday & Sunday 8am - 6pm

Holidays - Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-10:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:45am	Open Gym (Half) 8:00am-10:00am	Drop in Pickleball 8:00-10:00am
Fitness Class 10:30-11:30am	Fitness Class 9:30-10:15am	Fitness Classes 8:30am-9:15am & 9:30-10:15am	Fitness Class 9:30-10:15am	Fitness Class 9:00-9:45am		
	Pickleball Power Hour "Y-Experience" members only Court reservation required 10:30am-1:30pm	Pickleball Power Hour "Y-Experience" members only Court reservation required 10:30am-1:30pm	Pickleball Power Hour "Y-Experience" members only Court reservation required 10:30am-1:30pm	Pickleball Power Hour "Y-Experience" members only Court reservation required 10:30am-1:30pm	Pickleball Power Hour "Y-Experience" members only Court reservation required 10:30am-1:30pm	Programming (Half) 8:30am-12:00pm
Drop in Pickleball 1:00-3:00pm	Drop in Pickleball 1:30-3:00pm	Drop in Pickleball 1:30-3:00pm	Drop Pickleball 1:30-3:00pm	Drop in Pickleball 1:30-3:00pm		
Open Gym (Full) 3:10-6:00pm	Open Gym (Half) 3:10-4:30pm	Open Gym 3:10-5:45 pm	Open Gym (Half) 3:10-4:45p	Open Gym 3:10pm-4:30pm	Private Rental (Half) 10:30am-11:30am	Private Rental (Half) 10:30am-11:30am
Programming (Half) 4:45-6:30pm	Afterschool Programming (Half) 3:30pm-4:30pm	Programming (Full Gym) 6:00pm-6:45pm	Afterschool Programming (Half) 3:30pm-4:45pm	Teen Night 4:30 - 9:15pm	Open Gym 12:00pm-4:45pm	Open Gym 11:30 am-2:45pm
Judo (Half) 6:00pm-9:30pm	Programming (Full Gym) 4:30pm-6:35pm	Open Gym 7:00pm-9:15pm	Open Gym 4:45pm-6:50pm			
Open Gym (Half) 6:30pm - 9:15pm	Judo (Half) 7:00-7:45pm		Drop in Pickleball (Full Gym) 7:00pm-9:15pm			
	Pickleball 6:45-7:45pm (Half) 8:00-9:15pm (Full)		Private Rental 2:45pm- 5:45pm			Open Gym 4:00-5:45pm

Schedules are subject to change.

705-674-8315 | ymcaneo.ca