

Gymnasium Schedule

Summer Interim: Aug 10 – September 6 2026

Building Hours:
Monday - Friday 5:30am-9pm
Saturday & Sunday 7am-3pm

Closed: July 1st, August 5th, September 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY	
Open Gym (Full) 5:30am-7am	Open Gym (Full) 5:30am-7am	Open Gym (Full) 5:30am-7am	Open Gym (Full) 5:30am-7am	Open Gym (Full) 5:30am-7am	Open Gym (Full) 7am-10:45am		Open Gym (Full) 7am-10:45am	
Summer Camp (Full) 7am-12pm	Summer Camp (Full) 7am-12pm	Summer Camp (Full) 7am-12pm	Summer Camp (Full) 7am-12pm	Summer Camp (Full) 7am-12pm				
Open Gym (Full) 12pm-1:00pm	Open Gym (Full) 12pm-1:00pm	Open Gym (Full) 12pm-1:00pm	Open Gym (Full) 12pm-1:00pm	Open Gym (Full) 12pm-1:00pm	Open Gym (Half) 10:45am-12pm	Birthday Party (Half) 11:15am-12pm	Open Gym (Half) 10:45am-12pm	Birthday Party (Half) 11:15am-12pm
Summer Camp (Full) 1:00pm-6pm	Summer Camp (Full) 1:00pm-6pm	Summer Camp (Full) 1:00pm-6pm	Summer Camp (Full) 1:00pm-6pm	Summer Camp (Full) 1:00pm-6pm	Open Gym (Full) 12pm-3pm		Open Gym (Full) 12pm-3pm	
Open Gym (Full) 6pm-9pm	Open Gym (Full) 6pm-9pm	Open Gym (Full) 6pm-9pm	Open Gym (Full) 6pm-9pm	Open Gym (Full) 6pm-9pm				

Childminding (Summer Hours)

Monday – Friday: 9:30am-11:30am
Monday – Wednesday: 4:30pm – 7:30pm

Schedules are subject to change.

705-497-9622 | ymcaneco.ca

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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!