

Gymnasium Schedule – Ches Penney Family YMCA

(September 16 2024 to June 26 2025)

Hours:	Mon.-Thurs. 5:00am-10:00pm Fri. 5:00am-9:00pm Sat.-Sun. 7:00am-8:00pm
Closed:	Nov. 11 (Remembrance Day), Dec. 25 (Christmas Day), Dec. 26 (Boxing Day), Jan. 1 (New Year's Day), Apr. 18 (Good Friday), May. 19 (Victoria Day), Jun. 23 (June Holiday)
*Schedule is subject to change without notice. View "Notices" tab on ymcanl.com for all the latest details.	

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Morning															
Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2		
7:00-8:45 Open Gym		5:00-8:45 Open Gym										7:00-8:45 Open Gym			
9:00-11:30 Indoor Playground		9:15-10:15 Boot Camp	9:00-12:00 Child Care	9:00-10:30 Open Gym	9:00-12:00 Child Care	9:00-11:00 Open Gym	9:00-12:00 Child Care	9:00-10:30 Open Gym	9:00-12:00 Child Care	9:00-10:15 Open Gym	9:00-12:00 Child Care	9:00-11:30 Indoor Playground			
		10:20-10:50 Open Gym		10:45-12:00 Active Kids				10:45-12:00 Indoor Playground		10:30-11:15 Functional Fitness					
		11:00-12:00 Pickleball Learn to Play				11:00-12:00 Pickleball Learn to Play				11:20-11:55 Open Gym					
Afternoon & Evening															
12:00-1:00 Birthday Rental		12:00-1:00 Pickleball Beginner/Intermediate		12:05-12:55 Open Gym		12:00-1:00 Pickleball Beginner/Intermediate		12:10-12:55 Open Gym		12:00-1:00 Rental		12:00-1:00 Birthday Rental			
1:30-3:30 Rental		1:05-5:15 Open Gym	1:00-3:00 Child Care	12:55-5:15 Open Gym	1:00-4:00 Child Care	1:05-5:15 Open Gym	1:00-3:00 Child Care	12:55-5:15 Open Gym	1:00-4:00 Child Care	1:05-5:15 Open Gym	1:05-4:00 Child Care	1:15-2:30 Pickleball Intermediate			
			3:05-5:00 Rental		4:00-5:00 NHL Street 6-8		3:05-5:00 Rental		4:00-4:55 Soccer 6-8		4:00-5:55 Youth Basketball Scrimmage 12-18				
3:40-5:05 Pickleball Beginner/Intermediate		5:00-5:55 Open Gym		5:00-6:00 NHL Street 9-11		5:05-5:50 Boccia Ball		5:05-5:50 Boccia Ball		5:00-5:55 Soccer 9-11		2:45-6:15 Rental			
5:10-7:45 Open Gym		6:00-9:30 Rental		6:05-6:55 Volleyball		6:00-7:00 Rental		6:00-9:45 Rental		6:00-6:45 Dash & Splash				6:00-7:00 Open Gym	
		9:35-9:45 Open Gym		9:05-9:45 Open Gym		7:00-9:00 Rental		7:15-8:30 Pickleball Intermediate		8:35-9:45 Rental				7:15-8:30 Pickleball Intermediate	
												6:20-7:45 Open			