

Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	7:00-8:00am UCRO Rental	7:00am-2:45pm Open Gym
8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	9:00-10:15am Open Gym	
10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-12:30pm Youth Basketball (Registered Program)	
11:00-11:45am Open Gym	11:30am-4:00pm Open Gym	11:15am-4:30pm Open Gym	11:30am-4:30pm Open Gym	11:00-11:45am Open Gym	12:45-2:00pm NHL Street (Registered Program)	
12:00-12:45pm Chair Yoga	4:00-5:00pm Teen Drop In	4:30-5:30pm Daycare Group	4:30-5:45pm Daycare Group	12:00-12:45pm Sit Fit	2:00-2:45 pm Open Gym	
1:00-4:00pm Open Gym	5:00-5:45pm Open Gym	5:30-8:45pm Open Gym		1:00-5:45pm Open Gym		
4:00-4:45pm Daycare Group	6:00-6:35pm (ages 5-9)		6:00-6:35pm (ages 5-9)			
5:00-7:30pm WHEW (Registered Program)	6:35-8:45pm (ages 10+) Youth/Adult Karate (Registered Program)		6:35-8:45pm (ages 10+) Youth/Adult Karate (Registered Program)			
7:30-8:45pm Open Gym						

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: October 22, 2024
- Brockville Y Staff training from 10-2 on Monday, November 18. Gym will be unavailable during that time.



SCHEDULES