

Brockville YMCA // Effective: July 14, 2024

Summer 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	9:00am-2:45pm 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		
11:00-11:45am Open Gym	11:30am-12:00pm Child Care	11:15am-12:00pm Child Care	11:30am-12:00pm Child Care	11:00-11:45am Open Gym		
12:00-12:45pm Chair Yoga	12:00-1:00pm Open Gym	12:00-1:00pm Open Gym	12:00-1:00pm Open Gym	12:00-12:45pm Sit Fit		
1:00-2:00pm Summer Camp	1:00-2:00pm Summer Camp	1:00-2:00pm Summer Camp	1:00-2:00pm Summer Camp	1:00-2:00pm Summer Camp		
2:00-3:00pm Child Care	2:00-3:00pm Child Care	2:00-3:00pm Child Care	2:00-3:00pm Child Care	2:00-3:00pm Child Care		
3:00-4:00pm Open Gym	3:00-4:00pm Open Gym	3:00-4:00pm Open Gym	3:00-4:00pm Open Gym	3:00-4:00pm Open Gym		
4:00-5:00pm Summer Camp	4:00-5:00pm Summer Camp	4:00-5:00pm Summer Camp	4:00-5:00pm Summer Camp	4:00-5:00pm Summer camp		
5:00-8:45pm Open Gym	5:00-8:45pm Open Gym	5:00-8:45pm Open Gym	5:00-6:00pm Open Gym	5:00-5:45pm Open Gym		
			6:00-8:45pm Karate			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: July 16, 2024



SCHEDULES