

Kingston YMCA // Effective: July 6th, 2026

Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-7:00am Open Gym	5:30-7:00am Open Gym	5:30-7:00am Open Gym	5:30-7:00am Open Gym	5:30-7:00am Open Gym	7:00-4:30pm Open Gym	7:00-3:00pm Open Gym
7:15am-5:45pm Reserved for Camps	7:15am-5:45pm Reserved for Camps	7:15am-5:45pm Reserved for Camps	7:15am-5:45pm Reserved for Camps	7:15-5:45pm Reserved for Camps		3:00-4:30pm Pickleball
6:00-8:30pm Adult Drop-In Basketball (ages 16+)	6:00-8:30pm Open Gym	6:00-8:30pm Open Gym	6:00-8:00pm Adult Drop-In Volleyball (ages 16+)	6:00-7:30pm Pickleball		

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- For a full list of class descriptions, visit: eo.ymca.ca/class-descriptions
- Last Updated: June 23, 2026



SCHEDULES