

Gym Schedule

Effective: September 1, 2021



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

7-11:30am
Open Gym
(Capacity: 12)

11:45am-3pm
Rental

Monday

6:30-7:15am
Early Bird
Bootcamp
(Capacity: 25)

7:30-12:30pm
Open Gym
(Capacity: 12)

3-5pm
Open Gym
(Capacity: 12)

5:15-6:30pm
Youth Rec

6:45-7:45pm
Rental

Tuesday

5:30-9:30am
Open Gym
(Capacity: 12)

10am-12:30pm
Pickleball
(Capacity: 25)

3-5pm
Open Gym
(Capacity: 12)

5:30-7:45pm
Rental

Wednesday

5:30-9am
Open Gym
(Capacity: 12)

9:15-10:30am
Rip
(Capacity: 25)

11am-12:30pm
Open Gym
(Capacity: 12)

3-5pm
Open Gym
(Capacity: 12)

5:30-7:30pm
Pickleball
(Capacity: 25)

Thursday

5:30-9:30am
Open Gym
(Capacity: 12)

10am-12:30pm
Pickleball
(Capacity: 25)

3-5pm
Open Gym
(Capacity: 12)

5:30-7:00pm
Youth Rec

Friday

6:30-7:15am
Early Bird
Bootcamp

7:30-9am
Open Gym
(Capacity: 12)

9:15-10:30am
Rip
(Capacity: 25)

11am-12:30pm
Open Gym
(Capacity: 12)

3-5pm
Open Gym
(Capacity: 12)

5:30-7pm
Rental

Saturday

7-7:30am
Open Gym
(Capacity: 12)

8-8:50am
CSI
(Capacity: 25)

9:15am-12:30pm
Youth Rec

1-2:30pm
Pickleball

- Kingston YMCA is closed for deep cleaning Monday to Friday from 1-3pm