

# Gym Schedule

Effective: September 1, 2021



YMCA of  
Eastern Ontario  
Kingston YMCA

## Sunday

**7-11:30am**  
Open Gym  
(Capacity: 15)

**11:45am-3pm**  
Rental

## Monday

**5:30-9:00am**  
Open Gym  
(Capacity: 15)

**9:30-10:30**  
Cardio Blast

**11-12:30**  
Open Gym  
(Capacity: 15)

**3-5pm**  
Open Gym  
(Capacity: 15)

**5:15-6:30pm**  
Youth Rec

**6:45-7:45pm**  
Rental

## Tuesday

**5:30-9:30am**  
Open Gym  
(Capacity: 15)

**10am-12:30pm**  
Pickleball

**3-5pm**  
Open Gym  
(Capacity: 15)

**5:30-6:30pm**  
Rip

**7-7:45pm**  
Rental

## Wednesday

**5:30-9am**  
Open Gym  
(Capacity: 15)

**9:15-10:30am**  
Rip

**11am-12:30pm**  
Open Gym  
(Capacity: 15)

**3-5pm**  
Open Gym  
(Capacity: 15)

**5:30-7:30pm**  
Pickleball

## Thursday

**5:30-9:30am**  
Open Gym  
(Capacity: 15)

**10am-12:30pm**  
Pickleball

**3-5pm**  
Open Gym  
(Capacity: 15)

**5:30-7:00pm**  
Youth Rec

## Friday

**5:30-8:30am**  
Open Gym  
(Capacity: 15)

**9:15-10:30am**  
Rip

**11am-12:30pm**  
Open Gym  
(Capacity: 15)

**3-5pm**  
Open Gym  
(Capacity: 15)

**5:30-7pm**  
Rental

## Saturday

**7-7:30am**  
Open Gym  
(Capacity: 15)

**9:15am-12:30pm**  
Youth Rec

**1-2:30pm**  
Pickleball

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