

Gym Schedule

Effective: January 2, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

7-11:30am
Open Gym
(Capacity 10)

11:45am-3pm
Rental

Monday

5:30-9:00am
Open Gym
(Capacity 10)

9:30-10:30
Cardio Blast

11-12:30
Open Gym
(Capacity 10)

3-5pm
Open Gym

5:15-6:30pm
Youth Rec

6:45-7:45pm
Rental

Tuesday

5:30-9:30am
Open Gym
(Capacity 10)

10am-12:30pm
Pickleball

3-5pm
Open Gym
(Capacity 10)

5:30-6:30pm
Rip

7-7:45pm
Rental

Wednesday

5:30-9am
Open Gym
(Capacity 10)

9:15-10:30am
Rip

11am-12:30pm
Open Gym
(Capacity 10)

3-5pm
Open Gym
(Capacity 10)

5:30-7:30pm
Pickleball

Thursday

5:30-9:30am
Open Gym
(Capacity 10)

10am-12:30pm
Pickleball

3-5pm
Open Gym
(Capacity 10)

5:30-7:00pm
Youth Rec

Friday

5:30-8:30am
Open Gym
(Capacity 10)

9:15-10:30am
Rip

11am-12:30pm
Open Gym
(Capacity 10)

3-5pm
Open Gym
(Capacity 10)

5:30-7pm
Rental

Saturday

7-7:30am
Open Gym
(Capacity 10)

9:15am-12:30pm
Youth Rec

1-2:30pm
Pickleball

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