



Holiday Hours

Labour Day Weekend

September 5th, 2026 - September 7th, 2026

Saturday September 5th, 2026

Hours of Operation: 7:00am-6:00pm

Pool: Closed for Annual Shutdown

Single Gym: Open Gym 7:00am-5:45pm

Double Gym: Drop In Pickleball 9:00am-11:30am/ Open Gym 12:00pm-5:45pm

Strength & Conditioning- Studio B 9:00-9:45

Yoga- Studio A- 10:00am-11:00am

Sunday September 6th, 2026

Hours of Operation: 8:00am-4:00pm

Pool: Closed for Annual Shutdown

Single Gym: Open Gym 8:00am-3:45pm

Double Gym: Drop In Pickleball 9:00am-11:30am/ Family Pickleball 11:30-12:30pm/

Open Gym 12:00pm-3:45pm

Cyclefit - Studio C- 9:00am-9:45am

Yoga- Studio A- 10:00am-11:00am

Monday September 7th, 2026

Hours of Operation: 8:00am-4:00pm

Pool: Closed for Annual Shutdown

Yoga- Studio A - 10:00am-11:00am

Single Gym: Open Gym: 8:00am-3:45pm

Double Gym: Open Gym: 8:00am-3:45pm

Swim lessons and land programming are on break from
Sunday August 30, 2026 to Sunday September 13, 2026. All
programming will resume Monday September 14th, 2026

ymcahbb.ca

