



KERNERSVILLE FAMILY YMCA GYM SCHEDULE 10-28-2024 - 12-1-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-10:40am Open Gym	5am-12pm Open Gym	5am-10:40am Open Gym	5am-12pm Open Gym	5am-12pm Open Gym	8am-6pm Open Gym	1-6pm Open Gym
10:40-11:40am Group Exercise	12-2pm Pickleball	10:40-11:40am Group Exercise	12-2pm Pickleball	12-2pm Pickleball		
11:40am-12pm Open Gym	2-9pm Open Gym	11:40am-12pm Open Gym	2-9pm Open Gym	2-8pm Open Gym		
12-2pm Pickleball		12-2pm Pickleball				
2-9pm Open Gym		2-9pm Open Gym				

Open Gym - During Open Gym, the court is available for individual shooting and shoot around; full-court play is not permitted.

Group Exercise Classes - The courts will be reserved for Group Exercise classes during the following days and times.

Youth Development (Out-of-School Days) - On school closure days, Youth Development may use the gym if weather conditions prevent outdoor activities. Upcoming Out-of-School Days: November 5, 11, 27, 28, and 29.

YMCA Sports Programs - The courts will be reserved for YMCA youth and adult - sports programs during scheduled times.

****Winter Basketball Evaluations - Basketball evaluations for the Winter Sports season will take place: Tuesday, November 12: 5:30-9:00pm and Saturday, November 16: 9:30am-2:00pm****

Gym Closure for Maintenance - The gym will be closed for re-sanding and refinishing from Wednesday, November 20 through Sunday, November 24, and will reopen on Monday, November 25.

Please Note: The YMCA reserves the right to adjust the gym schedule as needed and may close the gym without prior notice. In cases of inclement weather, extreme heat, or school closures, the gym may also be reserved for Youth Development and/or Wellness programs. Thank you for your understanding and support.

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."