



GYM SCHEDULE

*Starting April 1st

*Starting Apr, 12 2025

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-4pm YMCA Sports	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	4pm-6pm Open Gym	
11:40am-12pm Open Gym	*2pm - 4pm Pickleball 101	11:40am-12pm Open Gym	2pm-5pm Open Gym	2-9pm Open Gym		
12-2pm Pickleball	4pm - 5pm Open Gym	12-2pm Pickleball	5-9pm YMCA Sports			
2-9pm Open Gym	5-9pm YMCA Sports	2pm-5pm Open Gym				
		5pm - 9pm YMCA Sports				

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 on Monday, Wednesday and as needed.

Youth Development (Out-of-School Days/Summer Day Camp) - On school closure days/during the summer, Youth Development may use the gym if weather conditions prevent outdoor activities.

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

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."