



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Gymnasium Schedule

Effective 3/6/2023

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM-8AM	OPEN	OPEN	OPEN	OPEN	OPEN		
8AM-10:30AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
10:30AM-11:15AM	Silver Sneakers	OPEN	Silver Sneakers	OPEN	Silver Sneakers	OPEN	OPEN
11:15AM-12PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12PM-2PM	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	OPEN	OPEN
2PM-3PM	OPEN	OPEN	OPEN	OPEN	OPEN		
3PM-5PM	OPEN	OPEN	*Youth Open Gym (Ages 9-12)	OPEN	OPEN		
5PM-7PM	Adult Basketball (5PM-8PM)	OPEN	OPEN Pickleball (6PM-8PM)	OPEN (5PM-6PM) Pickleball (6PM-8PM)	OPEN		
7PM-8:30PM	Adult Basketball (5PM-8PM) OPEN (8PM-8:30PM)	OPEN	Pickleball (6PM-8PM) OPEN	Pickleball (6PM-8PM) OPEN (8PM-8:30PM)	OPEN		

\*Youth Open Gym for ages 9-12 only. This time will be supervised by YMCA staff.