



# GYM SCHEDULE

## Spring 1 February 27 - April 23

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**GYM SCHEDULE**

|         | MONDAY                                     | TUESDAY                                    | WEDNESDAY                                  | THURSDAY                                   | FRIDAY                                     | SATURDAY                                | SUNDAY  |                                  |                                  |                                  |                                |                                |                             |                             |                             |
|---------|--|--|--|--|--|---|---|----------------------------------|----------------------------------|----------------------------------|--------------------------------|--------------------------------|-----------------------------|-----------------------------|-----------------------------|
| 5:00am  | Open Gym<br>5:00-9:00am                    | Open Gym<br>5:00-8:30am                    | Open Gym<br>5:00-9:30am                    | Open Gym<br>5:00-8:30am                    | Open Gym<br>5:00-9:00am                    | Open Gym<br>6:00-9:30am                 | Facility Opens @ 7:00 am<br>Open Gym<br>7:00-8:00am | 5:00am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 5:30am  |  |  |  |  |  |   |   | 5:30am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 6:00am  |  |  |  |  |  |   |   | 6:00am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 6:30am  |  |  |  |  |  |   |   | 6:30am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 7:00am  |  |  |  |  |  |   |   | 7:00am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 7:30am  |  |  |  |  |  |   |   | 7:30am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 8:00am  |  |  |  |  |  |   |   | 8:00am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 8:30am  |  |  |  |  |  |   |   | 8:30am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 9:00am  | Youth Sports<br>1/2<br>9:00-10:00am        | Open Gym 1/2<br>8:30-10:00am               | Youth Sports<br>1/2<br>9:30-10:30am        | Open Gym 1/2<br>8:30-10:00am               | Home School<br>9:00-11:00am                | Open Gym<br>6:00-9:30am                 | Men's Basketball League<br>8:00-1:30pm              | 9:00am                           |                                  |                                  |                                |                                |                             |                             |                             |
| 9:30am  | Open Gym 1/2<br>9:00-10:00am               |  |  |  |  |   |   | Open pickleball<br>9:30-11:00am  | Open Gym 1/2                     | Open Pickleball<br>10:00-11:30am | 9:30am                         |                                |                             |                             |                             |
| 10:00am | Stretch & Balance<br>10:00-11:00am         | Class<br>Academy 1/2<br>8:30-2:00pm        | Senior Fitness<br>11:00-12:00pm            | Class<br>Academy 1/2<br>8:30-2:00pm        | Senior Fitness<br>11:00-12:00pm            | Kidsafe<br>Karate 1/2<br>9:30-2:00pm    | Men's Basketball League<br>8:00-1:30pm              | 10:00am                          |                                  |                                  |                                |                                |                             |                             |                             |
| 10:30am | Open Pickleball<br>10:00-11:00am           |  |  |  |  |   |   | Open Pickleball<br>10:00-11:30am | Open Pickleball<br>10:00-11:30am | Open Pickleball<br>10:00-11:30am | 10:30am                        |                                |                             |                             |                             |
| 11:00am | Senior Fitness<br>11:00-12:00pm            |  |  |  |  |   |   | Senior Fitness<br>11:00-12:00pm  | Senior Fitness<br>11:00-12:00pm  | Senior Fitness<br>11:00-12:00pm  | 11:00am                        |                                |                             |                             |                             |
| 11:30am | Lunch Break Basketball<br>12:00-1:30pm     | Open Gym 1/2<br>11:30-2:00pm               | Lunch Break Basketball<br>12:00-1:30pm     | Open Gym 1/2<br>11:30-2:00pm               | Lunch Break<br>12:00-1:30pm                | Open Gym<br>1/2<br>9:30-4:00pm          | Men's Basketball League<br>8:00-1:30pm              | 11:30am                          |                                  |                                  |                                |                                |                             |                             |                             |
| 12:00pm |  |  |  |  |  |   |   | 12:00pm                          |                                  |                                  |                                |                                |                             |                             |                             |
| 12:30pm | Open Gym<br>1:30-4:00pm                    | Open Gym<br>2:00-4:00pm                    | Open Gym<br>1:30-5:00pm                    | Open Gym<br>2:00-4:00pm                    | Open Gym<br>1:30-4:00pm                    | Open Gym<br>1/2<br>9:30-4:00pm          | Men's Basketball League<br>8:00-1:30pm              | 12:30pm                          |                                  |                                  |                                |                                |                             |                             |                             |
| 1:00pm  |  |  |  |  |  |   |   | 1:00pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 1:30pm  |  |  |  |  |  |   |   | Open Gym 1:30-2:00pm             | Open Gym 1:30-2:00pm             | Open Gym 1:30-2:00pm             | Open Gym 1:30-2:00pm           | Open Gym 1:30-2:00pm           | 1:30pm                      |                             |                             |
| 2:00pm  |  |  |  |  |  |   |   | 2:00pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 2:30pm  |  |  |  |  |  |   |   | Open Gym 1:30-4:00pm             | Open Gym 2:00-4:00pm             | Open Gym 1:30-5:00pm             | Open Gym 2:00-4:00pm           | Open Gym 1:30-4:00pm           | Open Gym 1/2<br>2:00-4:00pm | 2:30pm                      |                             |
| 3:00pm  |  |  |  |  |  |   |   | 2:00pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 3:30pm  |  |  |  |  |  |   |   | 2:30pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 4:00pm  | Youth Sports<br>1/2<br>4:00-5:30pm         | Youth Sports<br>1/2<br>4:00-6:30           | Youth Sports<br>1/2<br>5:00-6:00pm         | Youth Sports<br>1/2<br>4:00-5:00pm         | Youth Sports<br>1/2<br>4:00-5:00pm         | Open Gym<br>4:00-5:00pm                 | Open Gym<br>1/2<br>4:00-5:00pm                      | 4:00pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 4:30pm  | Sport Training<br>1/2<br>4:00-5:30pm       |  |  |  |  |   |   | Open Gym<br>1/2<br>4:00-6:30pm   | Open Gym<br>1/2<br>5:00-6:00pm   | Open Gym<br>1/2<br>4:00-5:00pm   | Open Gym<br>1/2<br>4:00-5:00pm | Open Gym<br>1/2<br>4:00-5:00pm | 4:30pm                      |                             |                             |
| 5:00pm  | Lawyer's League Basketball<br>5:30-10:00pm | Group Ex 1/2<br>6:30-8:00pm                | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | Open Gym<br>5:00-7:00pm                    | Open Gym<br>1/2<br>4:00-7:00pm             | Open Gym<br>1/2<br>4:00-7:00pm          | GSP Basketball<br>5:00-6:00pm                       | 5:00pm                           |                                  |                                  |                                |                                |                             |                             |                             |
| 5:30pm  |  |  |  |  |  |   |   | Open Gym 1/2<br>4:00-6:30        | Open Gym 1/2<br>4:00-6:30pm      | Open Gym 1/2<br>4:00-5:00pm      | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-7:00pm    | Open Gym 1/2<br>4:00-5:00pm | 5:30pm                      |                             |
| 6:00pm  |  | Lawyer's League Basketball<br>5:30-10:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | Open Gym<br>5:00-7:00pm                    | Open Gym<br>1/2<br>4:00-7:00pm          | Open Gym<br>1/2<br>4:00-7:00pm                      | GSP Basketball<br>5:00-6:00pm    | 6:00pm                           |                                  |                                |                                |                             |                             |                             |
| 6:30pm  |  |  |  |  |  |   |   |                                  | Open Gym 1/2<br>4:00-6:30        | Open Gym 1/2<br>4:00-6:30pm      | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-7:00pm | Open Gym 1/2<br>4:00-5:00pm | 6:30pm                      |
| 7:00pm  |  |  |  |  |  |   |   |                                  | Open Gym 1/2<br>4:00-6:30        | Open Gym 1/2<br>4:00-6:30pm      | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-7:00pm | Open Gym 1/2<br>4:00-5:00pm | 7:00pm                      |
| 7:30pm  |  |  | Lawyer's League Basketball<br>5:30-10:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | Open Gym<br>5:00-7:00pm                 | Open Gym<br>1/2<br>4:00-7:00pm                      | Open Gym<br>1/2<br>4:00-7:00pm   | GSP Basketball<br>5:00-6:00pm    | 7:30pm                           |                                |                                |                             |                             |                             |
| 8:00pm  |  |  |  |  |  |   |   |                                  |                                  | Open Gym 1/2<br>4:00-6:30        | Open Gym 1/2<br>4:00-6:30pm    | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-5:00pm | Open Gym 1/2<br>4:00-7:00pm | Open Gym 1/2<br>4:00-5:00pm |
| 8:30pm  |  |  |  | Lawyer's League Basketball<br>5:30-10:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | GSP<br>Basketball<br>1/2<br>7:00-8:00pm | Open Gym<br>5:00-7:00pm                             | Open Gym<br>1/2<br>4:00-7:00pm   | Open Gym<br>1/2<br>4:00-7:00pm   | GSP Basketball<br>5:00-6:00pm    | 8:30pm                         |                                |                             |                             |                             |
| 9:00pm  |  |  |  |  |  |   |   |                                  |                                  |                                  | Open Gym 1/2<br>4:00-6:30      | Open Gym 1/2<br>4:00-6:30pm    | Open Gym 1/2<br>4:00-5:00pm | Open Gym 1/2<br>4:00-5:00pm | Open Gym 1/2<br>4:00-7:00pm |
| 9:30pm  |  |  |  |  | Lawyer's League Basketball<br>5:30-10:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm             | Open Gym<br>5:00-7:00pm          | Open Gym<br>1/2<br>4:00-7:00pm   | Open Gym<br>1/2<br>4:00-7:00pm   | GSP Basketball<br>5:00-6:00pm  | 9:30pm                         |                             |                             |                             |
| 9:45pm  | Open Gym 1/2<br>4:00-6:30                  | Open Gym 1/2<br>4:00-6:30pm                |  |  |  |   |   |                                  |                                  |                                  |                                | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-5:00pm | Open Gym 1/2<br>4:00-7:00pm | Open Gym 1/2<br>4:00-5:00pm |
| 10:00pm | Lawyer's League Basketball<br>5:30-10:00pm | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | GSP<br>Basketball<br>1/2<br>7:00-8:00pm    | Open Gym<br>5:00-7:00pm                    | Open Gym<br>1/2<br>4:00-7:00pm             | Open Gym<br>1/2<br>4:00-7:00pm          | GSP Basketball<br>5:00-6:00pm                       | 10:00pm                          |                                  |                                  |                                |                                |                             |                             |                             |
|         |  |  |  |  |  |   |   | Open Gym 1/2<br>4:00-6:30        | Open Gym 1/2<br>4:00-6:30pm      | Open Gym 1/2<br>4:00-5:00pm      | Open Gym 1/2<br>4:00-5:00pm    | Open Gym 1/2<br>4:00-7:00pm    | Open Gym 1/2<br>4:00-5:00pm | 10:00pm                     |                             |

The YMCA reserves the right to make changes at any time. Schedules are also available at [TheCommunityYMCA.org](http://TheCommunityYMCA.org).