

GYM 1 - 9/5/23 - 11/18/23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00	Opens at 7 AM	Gym 5-10 AM	Open Gym 5-9 AM	Open Gym 5-10 AM	Open Gym 5-9 AM	Gym 5-10 AM	YMCA Opens at 6 AM		
5:30							Open Gym 6-8 AM		
6:00									
6:30	Open Gym 7:00 AM- 4:50 PM		Open Gym 5-10 AM		Cross Train 9-10 AM		Cross Train 9-10 AM	10 AM -12 PM CHILDCARE	Youth Sports 8 AM-4 PM
7:00									
7:30									
8:00									
8:30									
9:00									
9:30									
10:00									
10:30									
11:00									
11:30	Open Gym 12-5:00 PM	Open Gym 12-5:00 PM	Open Gym 12-5:15 PM	Open Gym 12-5:00 PM	Gym 12-6:00 PM	Open Gym 4 Close			
12:00									
12:30									
1:00									
1:30									
2:00									
2:30									
3:00									
3:30									
4:00									
4:30	GYM Closes at 4:50 PM	Youth Sports 5:00-7:50 PM	Youth Sports 5:00 PM- 7:30 PM	Youth Sports 5:15-7:00 PM	Youth Sports 5:00-7:30 PM	GYM Closes at 5:50 PM			
5:00							Youth Sports 6:00- 8:00 PM		
5:30									
6:00		Open Gym 7:50 PM-Close	Open Gym 7:30 PM- Close	Open Gym 7 PM-Close	Adult Futsal 7:30-Close		Open Gym 8 - Close		
6:30									
7:00		GYM Closes at 8:50pm							
7:30									
8:00									
8:30									
9:00									
9:30									

8:30
9:00

YMCA Closes at 8:50pm

The YMCA reserves the right to change the schedule at any point without notice.

Youth Sports begin the week of September 5, 2023