



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Spring I Session | Feb 23 - April 26, 2026

as of 1.29.25

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Open Gym 6:30 -9:45 AM	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Open Gym 8-8:50 AM	Open Gym 8-9:50 AM
	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym closed 10 minutes	
	Gentle Yoga 10 - 10:50 AM TBD	Strength Training 10 - 10:50 AM Maddie M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Cond. 10 - 10:50 AM Ali A.	Open Basketball Adults 18+ 9 - 9:50 AM	
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym closed 25 minutes	Gym closed 10 minutes
MG &Me Playdate 11 - 11:50 AM	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	12 - 12:50 PM YMCA	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	12 - 3:30 PM YMCA
		Gym Closed 10 minutes	Gym Closed 15 minutes		Gym Closed 30 Minutes	
		1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM		Circuit Training 1 - 1:50 PM Carlos R.	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 30 minutes	Gym Closed 10 minutes	Gym Closed 15 Minutes
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-3 PM	Afterschool 2-3 PM	2 - 3 PM YMCA	Tennis - Youth Ages 5-8 3:45 - 4:30 PM
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM	Instructional Tennis Ages 5-8 3:30 - 4:15 PM	Instructional Youth Soccer Ages3-4 3 - 4 PM	3 - 4:30 PM YMCA	Tennis - Youth Ages 9-12 4:30 - 5:15 PM
		Instructional Youth Basketball -Intermediate Ages 7-12 5-6 PM	Instructional Tennis Ages 9-12 4:15 - 5 PM	Instructional Youth Soccer Ages 5-6 4 - 5 PM	Gym Closed 30 min.	
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Soccer Ages7-12 5 - 6 PM	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 PM	Bday Party Rentals 5:15-6:15 PM
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Erin C.	Gym Closed 30 Minutes	Open Basketball Teens 13-17 6 - 7:15 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	GYM CLOSED
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Open Badminton Adults 18+ 7:30 - 9:45 PM	Boot Camp/ Jon 6:30 - 7:20 PM	Open Basketball Adults 18+ 7:30-9:45 PM		
			Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM			



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