the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Fall I Session | Sept 8 – Nov 1, 2026

as of 10.7.26

* 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 Erin C.	Strength Training 10 – 10:50 AM Maddie M.	10 – 10:50 AM YMCA	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	Instructional Youth Soccer– Beg. Ages 6-8 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	Instructional Youth Soccer– Beg. Ages 9-12 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	Gym Closed | 10 Minutes
		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.	Open Basketball **Teens 13-17** 12 – 1:45 PM
Gym Closed | 15 minutes	Gym Closed | 15 minutes	Gym Closed | 10 minutes		Gym Closed | 30 minutes		
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Gym Closed | 15 minutes	Afterschool 2-3 PM	Gym Closed | 10 minutes	Open Basketball Adults 18+ 1:45 – 3:30 PM
		Instructional Youth Basketball –Beginner Ages 4-6 4 – 5 PM	Afterschool 2-3 PM	Instructional Youth Soccer | Ages3-4 3 – 4 PM	Open Basketball **Teens 13-17** 2 – 3 PM	
Open Basketball **Teens 13-17** 5-6 PM	Open Basketball **Teens 13-17** 5-6 PM		Instructional Tennis Ages 5-8 3:30 – 4:15 PM	Instructional Youth Soccer | Ages 5-6 4 – 5 PM	Open Basketball Adults 18+ 3 – 4:30 PM	Gym Closed | 15 Minutes
		Instructional Youth Basketball –Intermediat Ages 7-12 5-6 PM	Instructional Tennis Ages 9-12 4:15 – 5 PM	Instructional Youth Soccer | Ages7-12 5 – 6 PM		Tennis – Youth Ages 5-8 3:45 – 4:30 PM
Gym Closed | 30 Minutes	Gym Closed | 30 Minutes		Open Basketball **Teens 13-17** 5-6 PM		Gym Closed | 30 min.	
Strength Training 6:30 – 7:20 PM Ali A.	Circuit Training 6:30 – 7:20 PM Carlos R.	Gym Closed | 30 Minutes		Open Basketball **Teens 13-17** 6 – 7:15 PM	Saturday Night Lights Basketball Teens | Ages 11-14 5-7 PM	Tennis – Youth Ages 9-12 4:30 – 5:15 PM
		Vinyasa Yoga 6:30 – 7:20 PM Erin C.	Gym Closed | 30 Minutes			
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	Saturday Night Lights Basketball Teens | Ages 15-18 7-9 PM	**Birthday Party Rentals** **5:15-6:15 PM**
			Open **Volleyball** Adults18+ (Int/ Adv) 7:45-9:45 PM			