



Regional YMCA Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:30a-7:00a	Swim Team 5:00a-6:00a	OPEN GYM 5:30a-7:00a	Swim Team 5:00a-6:00a	OPEN GYM 5:30a-7:00a	OPEN GYM 7:00a-8:45a	OPEN GYM 7:00a-8:45a
	1/2 Gym		1/2 Gym		Group X 8:45a-10:15a	Group X 8:45a-10:00a
Volleyball 7:00a-9:00a	Group X 6:00a-6:45a	Volleyball 7:00a-9:00a	Group X 5:45a-6:30a	Volleyball 7:00a-9:00a	Youth Sports 10:15a-11:15a	OPEN GYM 10:00a-4:00p
	OPEN GYM 6:45a-7:45a		1/2 Open Gym			
Group X 9:00a-12:00p	Group X 7:45a-10:15a	Group X 9:00a-11:30a	Group X 7:45a-10:30a	Group X 9:00a-12:30p	OPEN GYM 11:15a-4:00p	
OPEN GYM 12:00p-4:00p	OPEN GYM 10:15a-12:30p	OPEN GYM 11:30a-4:00p	OPEN GYM 10:30a-12:30p	OPEN GYM 12:30a-4:00p		
SA/YS 4:00p-5:00p	Pickleball 12:30p-2:30p	SA/YS 4:00p-5:00p	Pickleball 12:30p-2:30p			
no open gym	1/2 Open Gym	no open gym	1/2 Open Gym			
Group X 5:00p-7:30p	OPEN GYM 2:30p-4:30p	Group X 5:00p-6:00p	OPEN GYM 2:30p-4:15p			
	SA 4:30p-5:30p		no open gym		Teen Boot SA 4:15p-5:15p	
OPEN GYM 7:30p - 8:00p	1/2 Open Gym 6:00p - 8:00p	OPEN GYM 6:00p - 8:00p	OPEN GYM 4:15p-5:15p			
	OPEN GYM 5:30p-6:00p		OPEN GYM 5:15p-6:00p			
	Youth Sports 6:00p - 7:00p		Group X 6:15p-7:30p			
	1/2 Open Gym		YS 1/2 Gym			
	OPEN 7p-8p		OPEN GYM 7:30p-8:00p			

Gymnasium Etiquette

- **NO PICKLEBALL OR VOLLEYBALL DURING OPEN GYM TIME.**
- **PICKLEBALL PLAYERS BRING OWN RACKET AND BALLS. MEMBERS ONLY**
- **Anything highlighted may have half or full court closed due to programs.**
- **Please change to sneakers before entering the gymnasium.**
- **No food or drink allowed in the gymnasium. Water only.**
- **You must be 13 years or older to be in the gymnasium without adult supervision.**
- ** SA/YS = School Age/ Youth Sports paid classes**

1/14/2022