



**Gym Schedule: January 1 – January 31**  
**(Subject to Change)**  
**Court A (North Half of Gym)**

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM – 7AM Full Court Pickup	5AM – 7AM Full Court Pickup	5AM – 7AM Full Court Pickup	5AM – 7AM Full Court Pickup	5AM – 7AM Full Court Pickup	8AM – 6:00pm Youth Basketball Games	1PM – 4PM Family Gym
7AM – 9AM Open Gym	7AM – 10AM Open Gym	7AM – 1pm Open Gym	7AM – 10AM Open Gym	7AM – 10AM Open Gym	6:00PM – 7:00PM Open Gym	4PM – 5:30PM Open Gym
9AM – 12PM Pickleball	10AM – 12PM Pickleball	1PM – 2PM <b>CLOSED FOR CLEANING</b>	10AM – 12PM Pickleball	10AM – 12PM Pickleball		5:30PM – 7:15pm Full Court Pickup
12PM – 1PM <b>CLOSED FOR CLEANING</b>	12PM – 3:45PM Open Gym	2PM – 4:00PM Open Gym	12PM – 3:45PM Open Gym	12:00PM – 3:30PM Open Gym		
1:45PM – 3:30PM Open Gym	3:45PM – 5:30 PM Tae Kwon Do	4:00PM – 6PM Open Volleyball	3:45PM – 5:30 PM Tae Kwon Do	3:30PM – 6PM FAST Youth Pickup		
3:30PM – 5PM FAST Youth Pickup	5:30PM – 7:30PM FAST Youth Pickup	6:00PM – 9:00PM Youth Basketball Practice	5:30PM – 7:30PM Open Gym	6:00PM – 8:00PM Youth Basketball Practice		
5:00PM – 8:00 PM Youth Basketball Practice	7:30PM – 9:45pm Full Court Pickup		7:30PM – 9:45pm Full Court Pickup	8:00PM – 9:45PM Full Court Pickup		
8:00PM – 9:45PM Open Gym						

**Gym Schedule Definitions**

**Pickup Basketball-** Pickup basketball times will be reserved for pickup games for players ages 16 and up. During these scheduled times only the two cross court goals on court A will be down for use.

**FAST Youth Pickup Basketball-** Youth pickup basketball times will be reserved for pickup games for players ages 12 to 15 that have completed the FAST program. During these scheduled times only the two cross court goals on court A will be down for use.

**Open Gym-** Open gym times will be available for all types of basketball use. Shoot around one on one games at these times the court is open to all ages. Cross court games should not be played during open gym. Children under the age of 12 must be accompanied by an adult. All three baskets on court A will be down.

**Family Gym-**These times are reserved for families to come, shoot around and use the court as a group. During family gym hours there should be no cross court games being played. All three baskets on court A will be down.

**Open Volleyball:** These times are reserved for families to practice volleyball skills and pick-up games. Must remain open to all participants

**Gym Closed-** During these times the gym is reserved for a YMCA activity that requires registration. The gym will not be available at these times for use.

**Pickleball-** Pickleball is a fun low impact version of tennis played on the basketball court. Rules and equipment will be available in the gym during these times. Pickleball is for 8 year olds and older with a parent/legal guardian w/in arms reach or 12 and up w/completion of fast program.



**Gym Schedule: January 1- January 31  
(Subject to Change)  
Court B (South Half of Gym)**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM - 7AM Full Court Pickup	5AM - 7AM Full Court Pickup	5AM - 7AM Full Court Pickup	5AM - 7AM Full Court Pickup	5AM - 7AM Full Court Pickup	8AM - 6:00pm Youth Basketball Games	1PM - 4PM Family Gym
7AM - 9AM Open Gym	7AM - 10AM Open Gym	7AM - 12pm Open Gym	7AM - 10AM Open Gym	7AM - 10AM Open Gym	6:00PM - 7:00PM Open Gym	4PM - 5:30PM Open Gym
9AM - 12PM Pickleball	10AM - 12PM Pickleball	12:00PM - 1:45 PM First Grade Swim	10AM - 12PM Pickleball	10AM - 12PM Pickleball		5:30PM - 7:15pm Full Court Pickup
12:00PM - 1:45 PM First Grade Swim	12:00PM - 1:45 PM First Grade Swim	1:45PM - 4:00PM Open Gym	12:00PM - 1:45 PM First Grade Swim	12:00PM - 3:30 PM Open Gym		
1:45PM - 3:30PM Open Gym	3:45PM - 5:30 PM Tae Kwon Do	4:00PM - 6:00PM Open Volleyball	3:45PM - 5:30 PM Tae Kwon Do	3:30PM - 6:00PM Open Volleyball		
3:30PM - 5:00PM Open Volleyball	5:30PM - 7:30PM Open Gym	6:00PM - 9:00PM Youth Basketball Practice	5:30PM - 7:30PM Open Gym	6:00PM - 8:00PM Youth Basketball Practice		
5:00PM - 8:00 PM Youth Basketball Practice	7:30PM - 9:45pm Full Court Pickup		7:30PM - 9:45pm Full Court Pickup	8:00PM - 9:45pm Full Court Pickup		
8:00PM - 9:45PM Open Gym						

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**Open Gym-** Open gym times will be available for all types of basketball use. Shoot around one on one games at these times the court is open to all ages. Cross court games should not be played during open gym. Children under the age of 12 must be accompanied by an adult. All three baskets on court A will be down.

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