GYM SCHEDULE

the YMCA

Schedule effective September 9, 2026

MONDAY

Open Gym
5:30–6:00 am

Pickup Basketball
6:00–7:30 am

***Rock Steady Boxing**
9:00 am–1:15 pm

CTC Rental 1/2 Gym
1:15–2:15 pm
(If needed)
Full Gym 10/19 & 11/9

****Emerging Intermediate Pickleball**
1/2 Gym
1:15–2:45 pm
Canceled 10/19 & 11/9

***Senior Smart Games**
3:00–4:00 pm

Acro Kids
4:15–4:45 pm
Kids Bop
5:00–5:30 pm

***Jr. Brain Builders**
5:00–5:45 pm

Open Gym
5:45–6:30 pm

****Emerging Intermediate/ Intermediate Pickleball**
6:30–8:45 pm

TUESDAY

Open Gym
5:30–8:30 am

****Emerging Intermediate/ Intermediate Pickleball**
8:30–10:30 am

***Pickleball Lessons**
10:30–11:30 am

****Beginner/Casual Player Pickleball**
11:30 am–1:00 pm

CTC Rental
1:00–2:00 pm

Open Gym
2:00–5:00 pm

JIF Jump Rope
1/2 Gym
5:00–6:00 pm

1/2 Open Gym
5:00–8:45 pm

Jr. Rams Cheer
1/2 Gym
5:45–8:45 pm

WEDNESDAY

Open Gym
5:30–6:00 am

Pickup Basketball
6:00–7:30 am

Open Gym
7:30–9:00 am

***Rock Steady Boxing**
9:00 am–1:15 pm

CTC Rental
1:15–2:15 pm

***Senior Smart Games**
2:45–3:45 pm

Open Gym
3:45–6:45 pm

****Intermediate Pickleball** 1/2 Gym
6:45–8:45 pm

1/2 Open Gym
6:45–8:45 pm

THURSDAY

Open Gym
5:30–8:00 am

Interval Boxing
8:00–8:45 am

****Emerging Intermediate/ Intermediate Pickleball**
9:00–11:00 am

****Beginner/ Casual Player Pickleball**
11:00–12:30 pm

CTC Rental
1:15–2:15 pm

Open Gym
2:15–8:45 pm

FRIDAY

Open Gym
5:30–6:00 am

Pickup Basketball
6:00–7:30 am

Open Gym
7:30–9:00 am

***Rock Steady Boxing**
9:00 am–1:15 pm

****Beginner/Casual Player Pickleball**
1:30–3:00 pm

Open Gym
3:00–5:45 pm

****Emerging Intermediate Pickleball**
5:45–7:45 pm

Jr. Rams Additional Cheer Times. Will use 1/2 gym. Subject to Change.

Mondays: 11/16 & 11/23 **5:45–8:45 pm**
Tuesdays: 11/17 & 1/5 **5:45–8:45 pm**
Wednesdays: 11/4, 11/11, 11/18, 12/2. 12/9, 12/16, 1/6, 1/13, 1/20 & 1/27 **5:45–8:45 pm**
Thursdays: 11/19 **5:45–8:45 pm**

SATURDAY

Open Gym: 7:30–8:30 am
****Emerging Intermediate Pickleball:** 8:30–10:00 am
***Rock Steady Boxing:** 10:00–11:45 am
***Birthday Parties:** 12:00–2:15 pm
Open Gym: 2:30–3:45 pm

SUNDAY

Open Gym: 7:30–10:00 am
****Emerging Intermediate/Intermediate Pickleball:** 10 am–11:30 am
****Beginner/Casual Player Pickleball:** 11:30 am–1:00 pm
Open Gym: 1:00–1:30 pm
Jr. Rams Cheer 1/2 Gym: 1:30–3:45 pm
1/2 Open Gym: 1:30–3:45 pm

11 & under must be accompanied by an adult. Gym space will vary from full gym to half gym depending on the programming.
Gym time is subject to change. *Paid Program **Annual Fee–Weekly Reservation Required to Play

Updated 10/7/2026