GYM SCHEDULE

the YMCA

Schedule effective July 6, 2026

MONDAY

Open Gym
5:30–6:00 am

Pickup Basketball
6:00–7:30 am

Open Gym
7:30–9:00 am

***Rock Steady Boxing**
9:30 am–12:00 pm

***Summer Camp**
1:00–3:00 pm

Open Gym
3:00–6:00 pm

Intermediate/ Advanced Pickleball
6:00–8:45 pm

TUESDAY

Open Gym
5:30–8:30 am

Intermediate/ Advanced Pickleball
8:45–10:45 am

Beginner/Emerging Intermediate Pickleball
10:45 am–12:45 pm

***Summer Camp**
1:00–3:00 pm

***Senior Smart Games**
3:15–4:15 pm

Open Gym
4:15–8:45 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**
9:30 am–1:00 pm

***Summer Camp**
1:00–3:00 pm

Beginner/Emerging Intermediate Pickleball
3:00–5:00 pm

Open Gym
5:00–8:45 pm

THURSDAY

Open Gym
5:30–8:00 am

Interval Boxing
8:00–8:45 am

Intermediate/ Advanced Pickleball
8:45–10:45 am

Beginner/Emerging Intermediate Pickleball
10:45 am–12:45 pm

***Summer Camp**
1:00–3:00 pm

Open Gym
3:00–6:45 pm

***Accelerate Your Athlete Speed Lab**
6:45–8:00 pm

Open Gym
8:00–8:45 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**
9:30 am–1:00 pm

***Summer Camp**
1:00–3:00 pm

Open Gym
3:00–5:00 pm

Intermediate/ Advanced Pickleball
5:00–7:45 pm

SATURDAY

Open Gym: 7:30–10:00 am
***Rock Steady Boxing:** 10:00–11:30 am
***Birthday Parties:** 11:30 am–2:00 pm
Open Gym: 2:00–3:45 pm

SUNDAY

Open Gym: 7:30–11:00 am
Beginner/Emerging Intermediate Pickleball: 11 am–1 pm
Open Gym: 1:00–3:45 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

Updated 6/11/2026