

Gymnasium Schedule

Morning / Afternoon - January 2024 Update

This is our schedule. No exceptions made please.

****Ages 12 and under must have an Adult member with them at all times**

Morning/ Afternoon Schedule
see reverse for Afternoon/ Evening

Some class times
include setup and clean up in their time slot.
Ages 13+ allowed in our building on their own.
Ages 12 and under must have an adult member
with them at all times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am - 7am Open Basketball	5:15am to 8:55am Open Basketball	5:15am - 7am Open Basketball	5:15am to 8:55am Open Basketball	5:15am - 7am Open Basketball	7:15am - 8:45am Pickleball Beginner and Intermediate Session 1	7:15am - 8:45am Pickleball Beginner and Intermediate Session 1
7am to 9am Pickleball Beginner and Intermediate Level Players Preregistration required		7am to 9am Pickleball Beginner and Intermediate Level Players Preregistration required		7am to 9am Pickleball Beginner and Intermediate Level Players Preregistration required	8:45am to 10:15am Pickleball Beginner and Intermediate Session 2	8:45am to 10:15am Pickleball Beginner and Intermediate Session 2
9am to 9:30am Y Preschool	9am to 9:50am Y Preschool	9am to 9:30am Y Preschool	9am to 9:30am Y Preschool	9am to 9:30am Y Preschool	Full Gym GYM CLOSED to other activities Preregistration required (Includes setup time)	10:15 to 11:45am Pickleball Intermediate/Advanced Session 3
9:30am to 11am Enhanced Fitness	10am to 12pm Pickleball For Beginner and Intermediate Level Players Full Gym GYM CLOSED to other activities Preregistration required	9:30am to 11am Enhanced Fitness	9:30am to 11am Introduction to Pickleball GYM CLOSED to other activities Preregistration required	9:30am to 11am Enhanced Fitness	10:15am to 12pm Learn to Bike	Full Gym GYM CLOSED to other activities Preregistration required (Includes setup time) Clean up ends by 12pm
11am to 12pm Silver Sneakers		11am to 12pm Silver Sneakers		11am to 12pm Silver Sneakers	Full Gym CLOSED to other activities Preregistration required (Includes setup and clean time)	
12pm to 1:15pm Group Exercise		12pm to 1:15pm Group Exercise		12pm to 1:15pm Group Exercise		

This schedule is subject to change without notice

MS/GymnasiumSched 2023
Updated 12/21/23
By Dave

Gymnasium Schedule

Afternoon/Evening Schedule see reverse for
Morning/ Afternoon Schedule

Afternoon/Evening - January 2024 Update

This is our schedule. No exceptions made please.

****Ages 12 and under must have an Adult member with them at all times**

Some class times
include setup and clean up in their time slot.
Ages 13+ allowed in our building on their own.
Ages 12 and under must have an adult member
with them at all times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:30pm to 3pm Open Basketball Ages 13 and older	12pm to 3pm Open Basketball Ages 13 and older	1:30pm to 3pm Four Rivers Charter School Full Gym Closed to members	12pm to 3pm Open Basketball Ages 13 and older	1:30pm to 3pm Open Basketball Ages 13 and older	12pm to 2:45pm Open Basketball Ages 13 and older	12pm to 2:45pm Open Basketball Ages 13 and older
3pm to 5pm Child Care Full Gym Four Rivers Charter School Closed to members	3pm to 5pm Child Care Full Gym Four Rivers Charter School Closed to members	3pm to 5pm Child Care Full Gym Closed to members	3pm to 5pm Child Care Full Gym Four Rivers Charter School Closed to members	3pm to 5pm Child Care Full Gym Four Rivers Charter School Closed to members	YMCA closes at 3pm	YMCA closes at 3pm
5pm - 6pm Open Basketball Ages 13 and older (Right Side of Gym) 5pm - 6pm Youth Open Basketball Youth member must be with an adult member (Left Side of Gym)	5pm - 6:15pm Open Basketball Ages 13 and older (Right Side of Gym) 5pm - 6pm Youth Open Basketball Youth member must be with an adult member (Left Side of Gym)	5pm - 6pm Open Basketball Ages 13 and older (Right Side of Gym) 5:30pm to 6:15pm Extreme Exertion E2 Group Fitness Class Preregistration required (Left Side of Gym) Setup at 5:15pm 6pm to 7:15pm Open Basketball Ages 13 and older	5pm - 6:15pm Open Basketball Ages 13 and older (Right Side of Gym) 5pm - 6pm Youth Open Basketball Youth member must be with an adult member (Left Side of Gym)	5pm - 6pm Open Basketball Ages 13 and older (Right Side of Gym) 5pm - 6pm Youth Open Basketball Youth member must be with an adult member (Left Side of Gym)	Schedule is subject to change without notice	Schedule is subject to change without notice
6pm to 7:15pm Open Basketball Ages 13 and older	6pm to 7:15pm Open Basketball Ages 13 and older		6pm to 7:15pm Open Basketball Ages 13 and older	6pm –7:45pm Friday Family Night (Left Side of Gym) 6pm - 7:45pm Open Basketball Ages 13 and older (Right Side of Gym) All games must end at 7:45pm YMCA Closes at 8pm		
7:30pm Intermediate/Advanced Pickleball Full Gym 12 players max Must preregister Non members \$10 CLOSED to other activities	7:30pm Advanced Level Pickleball Full Gym 12 players max Must preregister Non members \$10 CLOSED to other activities	7:30pm Beginner/Intermediate Pickleball Full Gym 12 players max Must preregister Non members \$10 CLOSED to other activities	7:30pm Gymnasium Rental Courts closed to members			

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