# Gymnasium Schedule

October 26 - December 20, 2026

**For age restrictions see below.**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 5 - 7 am<br>**Open Gym** | 5 -7 am<br>**Open Gym** | 5 - 7 am<br>**Open Gym** | 5 - 7 am<br>**Open Gym** | 5 - 7 am<br>**Open Gym** | 7:15 - 8:45 am<br>**Pickleball:**Beg/Int | 7:15 - 8:45 am<br>**Pickleball:** Beg/Int |
| 7 - 9 am<br>**Pickleball:**<br>Beg/Int | 7 - 9 am<br>**Pickleball:**<br>Int/Adv | 7 - 9 am<br>**Pickleball:**<br>Beg/Int | 7 - 9 am<br>**Pickleball:**<br>Int/Adv | 7 - 9 am<br>**Pickleball:**<br>Beg/Int | 8:45- 10:15 am<br>**Pickleball:**<br>Int/Adv | 8:45- 10:15 am<br>**Pickleball**<br>Int./Adv. |
| 9 - 9:45 am<br>**Y Preschool**<br>Gym Closed | 9 - 9:45 am<br>**Y Preschool**<br>Gym Closed | 9 - 9:45 am<br>**Y Preschool**<br>Gym Closed | 9 - 9:45 am<br>**Y Preschool**<br>Gym Closed | 9 - 9:45 am<br>**Y Preschool**<br>Gym Closed | 11-12pm<br>**Girls BBall Skills & Drills**<br>Registration Required<br>Ages 8- 13 | 10:30 - 12pm<br>**Open Basketball**<br>Ages 13+ |
| 9:50 am - 1:15pm<br>**Group Ex Classes** | 9:50-2 pm<br>**Open Gym** | 9:50am - 1:15pm<br>**Group Ex Classes** | 10-11:30 am<br>**Open Basketball**<br>Ages 55+ | 9:50 am - 1:15pm<br>**Group Ex Classes** | 12 - 1 pm<br>**Open Basketball**<br>Ages 13+ | 12 - 1 pm<br>**Co-Ed Volleyball Open Play**<br>All ages |
| 1:15 - 3:30 pm<br>**Open Gym** | 2 -3 pm<br>**GYM CLOSED**<br>for Maintenance | 1:15 - 3:30 pm<br>**Open Gym** | 12- 1 pm<br>**Pickleball: Skills & Drills**<br>Registration Required | 1:15 - 3:30 pm<br>**Open Gym** | 1- 2 pm<br>**Pickleball 101/ Learn How to Play**<br>Registration Required | 1- 3pm<br>**Rebels Volleyball**<br>Registration Required<br>Gym Closed |
| 3:30- 5 pm<br>**School- Age Care**<br>Gym closed to all | 3:30- 5 pm<br>**School- Age Care**<br>Gym closed to all | 3:30- 5 pm<br>**School- Age Care**<br>Gym closed to all | 1- 2 pm<br>**Pickleball: Play with Coach**<br>Registration Required | 3:30- 5 pm<br>**School- Age Care**<br>Gym closed to all | 2- 3 pm<br>**Full Court Basketball**<br>All ages | |
| 5 - 6 pm<br>**Open Basketball**<br>Ages 13+<br>(Right Side) | 5 - 6 pm<br>**Open Basketball**<br>Ages 13+<br>(Right Side) | 5- 6:30 pm<br>**Open Basketball**<br>Ages 13+<br>(Right Side) | 2 - 3:30 pm<br>**Open Gym** | 5- 5:45 pm<br>**Open Basketball**<br>Ages 13+<br>(Right Side) | | |
| 5 - 6 pm<br>**Youth Open Basketball**<br>(Left Side) ** | 5 - 6 pm<br>**Youth Open Basketball**<br>(Left Side) ** | 5 - 6:30 pm<br>**Youth Open Basketball**<br>(Left Side) ** | 3:30- 5 pm<br>**School- Age Care**<br>Gym closed to all | 5 - 5:45 pm<br>**Youth Open Basketball**<br>(Left Side) ** | **PLEASE NOTE:**<br><br>**Scheduled activities have priority.** The Gym is closed to all others. **Please be respectful of all members.**<br><br>Children 13+ are allowed in the facility on their own with a valid Y Membership.<br><br>** YOUTH - Children 12 and under must be accompanied by an adult member at all times.<br><br>Registration is required to play pickleball. To register visit: **www.your-y.org/classes**<br><br>**Building Hours**<br>Monday-Friday: 5 am to 8 pm<br>Saturday & Sunday: 7 am to 3 pm<br><br>**PLEASE PAY ATTENTION TO POSTINGS FOR GYM CLOSURES** | |
| 6 - 7 pm<br>**Upper Team Gymnastics Practice**<br>(Right Side) | 6 - 7 pm<br>**Pre Team Gymnastics Practice**<br>(Right Side) | 6:30- 7 pm<br>**Gym Closed for Volleyball Prep** | 5- 6:30 pm<br>**Floor Hockey**<br>Ages 13+<br>(Right Side) | 5:45- 6 pm<br>**Gym Closed for Family Night Prep** | | |
| 7 - 8 pm<br>**Co-Ed Volleyball Open Play**<br>Age 18+ | 7 - 8 pm<br>**Full Court Basketball** | 7- 8pm<br>**Co-Ed Volleyball Open Play**<br>All ages | 6:30- 7:30PM<br>**Full Court Basketball**<br>All ages | 6 - 7:45 pm<br>**Family Night** | | |
| | | | 7:30 pm<br>**Private Rental**<br>Roller Derby<br>Closed to Members | | | |
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**Schedule Subject to Change.**

Updated 11/4/2026