

# RULE THE COURT



## GYMNASIUM SCHEDULE JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:30am-6:30am <b>OPEN GYM*</b></p> <p>-----</p> <p>YMCA Group Fit Class may use the Gym due to inclement weather outside</p>	<p>5:30am-6:30am <b>OPEN GYM*</b></p> <p>-----</p> <p>YMCA Group Fit Class may use the Gym due to inclement weather outside</p>	<p>5:30am-6:30am <b>YMCA GROUP FITNESS CLASS</b></p>	<p>5:30am-6:30am <b>OPEN GYM*</b></p> <p>-----</p> <p>YMCA Group Fit Class may use the Gym due to inclement weather outside</p>	<p>5:30am-6:30am <b>YMCA GROUP FITNESS CLASS</b></p>	<p>7:00am-8:45am <b>OPEN GYM</b></p>	<p>1:00pm-5:45pm <b>OPEN GYM</b></p> <p>Full Court use permitted after 4 PM if space allows</p>
<p>6:30am-8:45am <b>OPEN GYM</b></p>	<p>6:30am-10:00am <b>OPEN GYM</b></p>	<p>6:30am-8:45am <b>OPEN GYM</b></p>	<p>6:30am-10:00am <b>OPEN GYM</b></p>	<p>6:30am-8:00am <b>OPEN GYM</b></p>	<p>8:45am-1:00pm <b>YMCA YOUTH SPORTS PROGRAMS</b></p>	
<p>8:45am-10:00am <b>YMCA GROUP FIT CLASS</b></p>	<p>10:00am-11:00am <b>HALF GYM*</b></p> <p>-----</p> <p>YMCA Youth Program will use half Gym for Homeschool P.E.</p>	<p>8:45am-10:00am <b>YMCA GROUP FIT CLASS</b></p>	<p>10:00am-11:00am <b>HALF GYM*</b></p> <p>-----</p> <p>YMCA Youth Program will use half Gym for Homeschool P.E.</p>	<p>8:00am-10:15am <b>YMCA GROUP FIT CLASS</b></p>	<p>1:00pm-5:45pm <b>OPEN GYM</b></p> <p>Full Court use permitted after 4 PM if space allows</p>	
<p>10:00am-10:20am <b>OPEN GYM</b></p>	<p>11:00am-11:45am <b>OPEN GYM</b></p>	<p>10:00am-10:20am <b>OPEN GYM</b></p>	<p>11:00am-11:45am <b>OPEN GYM</b></p>	<p>10:20am-1:15pm <b>PICKLEBALL</b></p>	<p><b>- OPEN GYM REGULATIONS -</b> All members under 8 years old must be actively supervised by an adult present in the gym. Gym is to be shared amongst all users for basketball or open play. Full court play is only available as indicated on the schedule. Please follow all rules as posted.</p>	
<p>10:20am-1:15pm <b>PICKLEBALL</b></p>	<p>11:45am-2:00pm <b>HALF GYM*</b></p> <p>-----</p> <p>YMCA Small Group Personal Training will use front half of the Gymnasium</p>	<p>10:20am-1:15pm <b>PICKLEBALL</b></p>	<p>11:45am-1:15pm <b>HALF GYM*</b></p> <p>-----</p> <p>YMCA Small Group Personal Training will use front half of the Gymnasium</p>	<p>1:15pm-9:45pm <b>OPEN GYM</b></p> <p>Full Court use permitted after 7 PM if space allows</p>	<p><b>- YMCA PROGRAMS -</b> <b>OR OUTSIDE GROUP USAGE</b> Times are reserved for scheduled YMCA programs or rentals. The Y reserves the right to use the gym for Y programs or events with or without notice, although we strive to provide advanced notice.</p>	
<p>1:15pm-5:15pm <b>OPEN GYM</b></p>	<p>3:30pm-5:00pm <b>-- NAVY --</b> <b>FIRST TUESDAY</b></p>	<p>1:15pm-7:00pm <b>OPEN GYM</b></p>	<p>7:00pm-9:00pm <b>GYM CLOSED</b></p>	<p>1:15pm-5:15pm <b>OPEN GYM</b></p>		
<p>5:15pm-6:30pm <b>YMCA GROUP FIT CLASS</b></p>	<p>5:00pm-9:45pm <b>OPEN GYM</b></p> <p>Full Court use permitted after 7 PM if space allows</p>	<p>9:00pm-9:45pm <b>OPEN GYM</b></p>	<p>5:15pm-6:30pm <b>YMCA GROUP FIT CLASS</b></p>	<p>6:30pm-9:45pm <b>OPEN GYM</b></p>		
<p>6:30pm-9:45pm <b>OPEN GYM</b></p> <p>Full Court use permitted after 7 PM if space allows</p>						

