



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

YOUTH PROGRAMS SCHEDULE

January 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Open Gym	5:00am-10:00am 3:00pm-10:00pm	5:00am-10:00am 1:30pm-6:00pm	5:00am-10:00am 3:00pm-10:00pm	5:00am-10:00am 1:30pm-6:00pm	5:00am-10:00am 3:00pm-10:00pm	12:00pm-6:00pm	12:00pm-6:00pm
*Open/Family Swim	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-6:00pm	1:00pm-8:30pm	12:00pm-5:30pm	1:00pm-5:30pm
Child watch	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm 4:00pm-8:00pm	8:00am-12:00pm	8:00am-12:00pm	
HSPE		12:30pm-2:30pm		12:30pm-2:30pm			
Teen Fit/"I Can Teen Fit"	4:00pm-4:30pm	5:00pm-5:45pm		5:00pm-5:45pm			
TTJC Martial Arts	5:00pm-7:00pm						
Knight School				4:45pm-6:00pm			
Lego Club		5:30pm-7:00pm					

***Schedule subject to change due to rentals and group exercise classes**