

RULE THE COURT



GYMNASIUM SCHEDULE JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am YMCA GROUP FITNESS CLASS	5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am YMCA GROUP FITNESS CLASS	7:00am-5:45pm OPEN GYM Full Court use permitted after 4 PM if space allows	1:00pm-5:45pm OPEN GYM Full Court use permitted after 4 PM if space allows
6:30am-8:45am OPEN GYM	6:30am-10:00am OPEN GYM	6:30am-8:45am OPEN GYM	6:30am-10:00am OPEN GYM	6:30am-8:00am OPEN GYM		
8:45am-10:00am YMCA GROUP FIT CLASS	10:00am-11:45am *GYM CLOSED* - AS NEEDED - YMCA Youth Program MAY use Gym or run the program outdoors.	8:45am-10:00am YMCA GROUP FIT CLASS	10:00am-11:45am *GYM CLOSED* - AS NEEDED - YMCA Youth Program MAY use Gym or run the program outdoors.	8:00am-10:15am YMCA GROUP FIT CLASS		
10:00am-10:20am OPEN GYM	11:45am-2:00pm HALF GYM* ----- YMCA Small Group Personal Training will use front half of the Gymnasium	10:00am-10:20am OPEN GYM	11:45am-1:15pm HALF GYM* ----- YMCA Small Group Personal Training will use front half of the Gymnasium	10:30am-1:15pm PICKLEBALL		
10:30am-1:15pm PICKLEBALL	2:00pm-5:00pm OPEN GYM	10:30am-1:15pm PICKLEBALL	1:15pm-5:15pm OPEN GYM	1:15pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows		
1:15pm-5:15pm OPEN GYM	3:30pm-5:00pm -- NAVY -- FIRST TUESDAY	1:15pm-9:45pm OPEN GYM	1:15pm-5:15pm OPEN GYM			
5:15pm-6:40pm YMCA GROUP FIT CLASS	5:00pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows	5:15pm-6:40pm YMCA GROUP FIT CLASS	5:15pm-6:40pm YMCA GROUP FIT CLASS			
6:45pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows		6:45pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows	6:45pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows			

- OPEN GYM REGULATIONS -
 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.

**- YMCA PROGRAMS -
 OR OUTSIDE GROUP USAGE**
 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.

