



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE

|   | Monday  | Tuesday                              | Wednesday                                      | Thursday                                     | Friday                                       | Saturday   | Sunday                        |
|---|---|--------------------------------------|--|--|--|--|-------------------------------|
| <b>March 2026</b>   | 5:00-8:15<br><b>Open Gym</b>                  | 5:00-10:15<br><b>Open Gym</b>        | 5:00-8:00<br><b>Open Gym</b>                   | 5:00-8:15<br><b>Open Gym</b>                 | 5:00-8:15<br><b>Open Gym</b>                 | 6:00-8:15<br><b>Open Gym</b>                                     | 10:00-3:45<br><b>Open Gym</b> |
| <b>Shaded Areas</b><br>Program times when gym is closed         | 8:30-9:15<br><b>Silver Sneakers Classic</b>   | 9:30-10:15<br>Homeschool Gym         | 8:00-8:45<br><b>Total Body Circuit</b>         | 8:30-9:15<br>Silver Sneakers Chair Yoga      | 8:30-9:15<br><b>Silver Sneakers Classic</b>  | 8:30-9:30<br>Beginner Pickleball Class                           |                               |
| <b>Bolded Programs</b><br>Indicates walking track can be used   | 9:30-10:15<br><b>Silver Sneakers Classic</b>  | 10:30-11:15<br>Homeschool Gym        | 9:30-10:15<br><b>Silver Sneakers Classic</b>   | 9:30-10:15<br><b>Silver Sneakers Circuit</b> | 9:30-10:15<br><b>Silver Sneakers Classic</b> | 9:30-11:00<br>Pickleball Full Court<br>11:00-12:00<br>Half Court |                               |
| <b>Family Open</b><br>For children and an adult family Member   | 10:45-12:45<br>Pickleball (10:30 setup)       | 11:30-2:30<br><b>Family Gym</b>      | 10:45-12:45<br>Pickleball (10:30 setup)        | 10:30-2:30<br><b>Family Gym</b>              | 10:45-12:45<br>Pickleball (10:30 setup)      | 12:30-2:30<br><b>Family Gym</b>                                  |                               |
|   | 1:00-2:30<br><b>Family Gym</b>                |                                      | 1:00-2:30<br><b>Family Gym</b>                 |  | 1:00-2:30<br><b>Family Gym</b>               | 2:30-5:45<br><b>Open Gym</b>                                     |                               |
| <b>Pickleball</b><br>Registration required                      | 2:30-4:30<br>Child Care                       | 2:30-4:30<br>Child Care              | 2:30-4:30<br>Child Care                        | 2:30-4:30<br>Child Care                      | 2:30-4:30<br>Child Care                      |  |                               |
| <b>Special Events</b><br>Gym will be closed during these events | 5:00-5:45<br><b>Flag Football</b><br>Ages 3-6 | 4:45-5:15<br><b>Family Gym</b>       | 5:00-5:45<br><b>Basketball</b><br>Ages 5-9     | 5:00-5:45<br><b>Beginning Tumbling</b>       | 4:45-7:00<br><b>Family Gym</b>               |  |                               |
|   | 5:00-5:45<br><b>Tumbling</b><br>Ages 5-9      |                                      | 5:00-5:45<br><b>Volleyball</b><br>Ages 10-13   | 5:00-5:45<br><b>All Sports</b><br>Ages 3-5   |  |  |                               |
| Fri – Mar 20th<br>4:45 –6:15 pm<br>Parents Night Out            | 6:00-6:45<br><b>Kickball</b><br>Ages 7-11     | 5:30-7:30<br>Pickleball (5:15 Setup) | 5:45-6:30<br><b>Basketball</b><br>Ages 10-14   | 5:45-6:30<br><b>Intermediate Tumbling</b>    |  |  |                               |
|   |   |                                      | 5:45-6:30<br><b>Volleyball</b><br>Ages 6-9     | 5:45-6:30<br><b>All Sports</b><br>Ages 6-9   |  |  |                               |
|   |   |                                      | 6:30-7:15<br><b>Flag Football</b><br>Ages 7-11 |  |  |  |                               |
|   | 7:00-8:45<br><b>Open Gym</b>                  | 7:45-8:45<br><b>Open Gym</b>         | 7:30-8:45<br><b>Open Gym</b>                   | 6:45-8:45<br><b>Open Gym</b>                 | 7:00-8:45<br><b>Open Gym</b>                 |  |                               |

**East End YMCA**

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