



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASIUM SCHEDULE – COURT 1

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
6 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED
8 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Body Pump	CLOSED
9 am	Interval Training 9am to 9:45am	Open Gym	Boot Camp 9:00am to 9:45am	Open Gym	Interval Training 9am to 9:45am	Youth Basketball	CLOSED
10 am	Body Pump	Tabata 10am to 10:45am	Body Pump	Tabata 10am to 10:45am	Body Pump	Youth Basketball	CLOSED
11 am	Occasional Open Gym Availability (Reserved for Camp)	Occasional Open Gym Availability (Reserved for Camp)	Occasional Open Gym Availability (Reserved for Camp)	Occasional Open Gym Availability (Reserved for Camp)	Occasional Open Gym Availability (Reserved for Camp)	Youth Basketball	Body Pump
12 pm						Youth Basketball	Open Gym
1 pm						Youth Basketball	Open Gym
2 pm						Youth Basketball	Open Gym
3 pm						Youth Basketball	Open Gym
4 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Open Gym	Open Gym
6 pm	Body Pump	Youth Indoor Soccer	Body Pump	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
7 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	CLOSED	CLOSED
8 pm	Youth Basketball	Youth Basketball	30+ Basketball	Youth Basketball	Youth Basketball	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	30 + Basketball	Open Gym	Open Gym	CLOSED	CLOSED



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## GYMNASIUM SCHEDULE – COURT 2

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
6 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	18+ Pickup Basketball	CLOSED
8 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	18+ Pickup Basketball	CLOSED
9 am	Reserved for Summer Camp	Reserved for Summer Camp	Reserved for Summer Camp	Reserved for Summer Camp	Reserved for Summer Camp	Youth Basketball	CLOSED
10 am						Youth Basketball	CLOSED
11 am						Youth Basketball	Open Gym
12 pm						Youth Basketball	Open Gym
1 pm						Youth Basketball	Open Gym
2 pm						Youth Basketball	Open Gym
3 pm						Youth Basketball	Open Gym
4 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Youth Basketball	Open Gym	Open Gym
6 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
7 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
8 pm	Youth Basketball	Youth Basketball	Youth Basketball	Adult Volleyball	Youth Basketball	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	Open Gym	Adult Volleyball	Open Gym	CLOSED	CLOSED