



# GYM SCHEDULE MAY 2024 WITHAM FAMILY YMCA

Please refer to the website and schedules posted outside of the gym for the most up to date information.

MON	TUE	WED	THURS	FRI	SAT	SUN
PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm & 4:30-7:30pm	PLAY & LEARN 9am-12pm	PLAY & LEARN 9am-12pm	PLAY & LEARN: CLOSED
5-9am <b>Open Gym</b> Court 1 & 2	5:30-6:15am <b>Strength &amp; Endurance</b> Full Court	5-9am <b>Open Gym</b> Court 1 & 2	5-9am <b>Open Gym</b> Court 1 & 2	5-9:30am <b>Open Gym</b> Court 1 & 2	7am-7pm <b>Open Gym</b> Court 1 & 2	11am-6pm <b>Open Gym</b> Court 1 & 2
6:15am-9am <b>Open Gym</b> Court 1 & 2	9-9:45am <b>SliverSneakers</b> Court 1	9-9:45am <b>SliverSneakers</b> Court 1	9-9:45am <b>SliverSneakers</b> Court 1	9:30-10:30am <b>Strength &amp; Endurance</b> Full Court		
9-9:45am <b>Open Gym</b> Court 2	9-9:45am <b>Open Gym</b> Court 2	9-9:45am <b>Open Gym</b> Court 2	9-9:45am <b>Open Gym</b> Court 2	10:30am-8pm <b>Open Gym</b> Court 1 & 2		
9:45am-9pm <b>Open Gym</b> Court 1 & 2	9:45am-9pm <b>Open Gym</b> Court 1 & 2	9:45am-9pm <b>Open Gym</b> Court 1 & 2	9:45am-9pm <b>Open Gym</b> Court 1 & 2			

**Important Info:**  
**Group Exercise Classes:** Ages 11+ yrs. welcome to participate.  
**YMCA Programs \$:** Gym closed to non-program participants.  
**Basketball Full Court:** Gym is reserved for full court basketball games.  
**Open Gym:** Open gym is available for indoor-approved games. **No full court basketball games.** Pickleball set up is allowed on half court only and when both courts are open.  
**Walkers have access to the entire gym during Open Gym time.**

**GYM COLOR CODE**

OPEN GYM	YMCA PROGRAM \$
ADULT OPEN SPORTS	GROUP EXERCISE CLASS

Court 1: Front Court  
Court 2: Back Court