

Gym Schedule 8/01/24 -8/31/24 *closed Labor Day

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------|-----------------------------------------|-----------------------------------------------------------|-----------------------------------------|--------------------------------------------|-----------------------------------------|-----------------------------------------|
| 6:00-9:00AM Open Gym | 6:00 - 9:00AM Open Gym | 6:00 -10:00AM Open Gym | 6:00 - 9:00AM Open Gym | 6:00 - 10:00 AM Open Gym | 7:00 - 10:00AM Open Gym | 8:00 - 10:00AM Open Gym |
| 9:00-10:00AM Summer Camp Soccer | | | 9:00 - 10:00 AM Summer Camp | | | |
| 10:00-10:45AM Zumba Gold | 9:00 - 12:00 PM Summer Camp | 10:00 - 10:45 AM Silver Sneakers | | 10:00 - 10:45 AM Zumba Gold | 10:00AM - 12:00PM Basketball Lessons | 10:00 AM - 1:00PM Basketball Lessons |
| 11:00-11:45AM Summer Camp | | 11:00 - 11:45 AM Zumba Toning | 11:00 AM - 12:00 PM Open Gym | 11:00 - 11:45 AM Chair Stretch | | |
| 12:00-2:00PM Pickleball | 12:00 - 2:00 PM Pickleball | 12:00 - 2:00 PM Pickleball | 12:00 - 2:00 PM Pickleball | 12:00 - 2:00 PM Pickleball | 1:00 - 4:00PM Open Gym | 1:00 - 4:00PM Open Gym |
| 2:00-2:30PM Open Gym | 2:00 - 2:30PM Open Gym | 2:00 - 2:30PM Open Gym | 2:00 - 2:30PM Open Gym | 2:00 - 2:30PM Open Gym | | |
| 2:30-4:30PM Summer Camp | 2:30 - 4:30PM Summer Camp | 2:30 - 4:15PM Summer Camp | 2:30-4:30PM Summer Camp | 2:30-4:30PM Summer Camp | 4:00 - 6:00PM Open Court Pickleball | 4:00 - 6:00PM Open Court Pickleball |
| 4:30-5:00PM Open Gym | 4:15 - 5:00 PM Teen Bootcamp | 4:15 - 5:00 PM Teen Bootcamp (half-court) | 4:30-5:45PM Open Gym | 4:15-5:00 PM Teen Bootcamp (half-court) | | |
| 5:00-6:30PM Summer Camp (half-court) | 5:00-6:30PM Summer Camp (half-court) | 5:00 - 5:45 PM BBall Holistic Warrior (half- court) | 5:45-6:00PM Swim Team | 5:00-6:30PM Summer Camp (half-court) | | |
| 6:30 -9:00PM Open Gym Full Court | 6:30 -9:00PM Open Gym Full Court | 6:00 - 6:45 PM Basketball Classes (half- court) | 5:00-6:30PM Summer Camp (half-court) | 6:30 - 9:00PM Open Gym | | |
| | | 5:00-6:30PM Summer Camp (half-court) | 6:30 -9:00PM Open Gym Full Court | | | |

Facility Hours:
M-F: 6 AM - 9 PM
Sat: 7 AM - 6 PM
Sun: 8 AM - 6 PM