



Foundation YMCA Gym Schedule September 2023

Important: Gym Schedules are subject to change

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am		Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+		
6 am		Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball		
7 am		Courts A&B Open Court Basketball	Court A- Pickleball Court B -	Courts A&B Open Court Basketball	Court A- Pickleball Court B -	Courts A&B Open Court Basketball	Court A- Pickleball Court B -	
8 am			Open Court Basketball				Open Court Basketball	
9 am								
10 am								
11 am	Court B- Full Court Ages 16+ Court A- Open Court Basketball *Gym Closes 15 mins early	Courts A&B Open Court Basketball	Court B- Full Court Ages 16+	Courts A&B Open Court Basketball	Court B- Full Court Ages 16+	Courts A&B Open Court Basketball	Court B- Full Court Ages 16+	
12 pm								
1 pm			Court A- Open Court Basketball			Court A- Open Court Basketball		
2 pm			Court A - Pickleball		Courts A&B Open Court Basketball	Court A - Pickleball		
3 pm			Court B- Open Court Basketball			Court B- Open Court Basketball		
4 pm								
5 pm		Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing		
		Court B- Open Court Basketball	Court B- Open Court Basketball	Court B- Open Court Basketball	Court B- Open Court Basketball	Court B- Open Court Basketball		
6 pm		Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+		
7 pm		Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball		
		*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early		