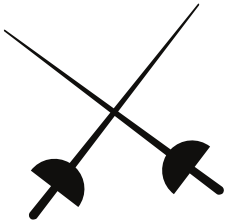
ACTIVITY CENTER SCHEDULE



FALL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:00 AM	Open Gym 5:30-8:00 AM	Open Gym 5:30-8:00 AM	Open Gym 5:30-8:00 AM	Open Gym 5:30-8:00 AM	Open Gym 7:00-11:00 AM	Open Gym 10:00-12:00 PM
Child Development 8:00-8:45 AM	Child Development 8:00-8:45 AM	Child Development 8:00-8:45 AM	Child Development 8:00- 8:45 AM	Child Development 8:00-8:45 AM	Open Gym 11:00-3:00 PM	Open Gym 12:00-2:00 PM
Morning Workout 9:30- 10:30AM	Open Gym 8:45- 12:30 PM	Morning Workout 9:30- 10:30 AM	Open Gym 8:45- 10:30 PM	Morning Workout 9:30-10:30 AM		
Total Body Stretch 10:30- 11:00 PM	Open Gym 12:30- 2:00 PM	Balance & Strength 10:30- 11:30 PM	Yoga 10:30- 11:30 PM	Open Gym 10:30- 12:30 PM		
Child Development 3:30-5:00 PM	Open Gym 2:00-3:30 PM	Child Development 3:30-5:00 PM	Open Gym 11:30-3:30 PM	Pickleball 12:30-2:30 PM		
Open Gym 5:00-6:00 PM	Child Development 3:30-5:00 PM	Open Gym 5:00-6:00 PM	Child Development 3:30-5:00 PM	Open Gym 2:30-3:30 PM		
Open Gym 6:00-8:00 PM	Open Gym 5:00-8:00 PM	Fencing 6:00-8:00 PM	Open Gym 5:00-8:00 PM	Child Development 3:30-6:00 PM		
				Fencing 6:00-8:00 PM		

the YMCA

*Programs take priority in the gym.
*Please check with the front desk for current programs.

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