

EVERYONE IS WELCOME IN OUR GYM!



Please remember that our GYM is shared by sports, programs, classes, families, camp, and all our members

The Y holds priority over the gym schedule for programs such as Sports, SACC, or Child Care. The gym schedule is subject to change without notice due to weather, special events and/or gym rentals.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, Social Media, and Rained Out (See Front Desk for this information)

GYM HOURS

Monday-Friday 5:30am - 8:30pm

Saturdays 8:00am - 4:30pm

Sundays 12:00pm- 4:30pm

*FEES and REGISTRATION required for sports programs

THE GYM IS CLOSED DURING ALL SPORTS/CHILD CARE TIMES. NO EXCEPTIONS!!!!!!!

GYM SCHEDULE

MARCH 2nd - April 26th, 2020

MONDAY

5:30 am - 8:45 am Open Gym

9:00 am - 10:00 AFEP

10:30 am - 11:30 am Zumba

11:30 am - 1:00 pm LCC P.E

1:15 pm - 3:45 pm Open Gym

4:00 pm - 6:00 pm SACC

6:30 pm - 8:30pm Special Olympics

TUESDAY

5:30 am - 8:45 am- Open Gym

9:00 am - 10:00 am- ZUMBA TONING

10:15 am - 3:45 pm- Open Gym

4:00 pm -6:00 pm- Fencing/SACC

6:15 pm -8:45 pm- Basketball CROWN Class-Court-College Workout \$5 drop in members are free

***Must be in middle or high school and have a filled/printed out school progress report**

WEDNESDAY

5:30 am - 8:45 am- Open Gym

9:00am -10:00am - AFEP

10:15am- 3:45pm - Open Gym

4:00 pm - 6:00 pm- SACC

6:00 pm - 7:30 pm- Flag Football Lessons

7:30 pm - 8:30 pm -Open Gym

THURSDAY

5:30 am - 9:45 am- Open Gym

10:00 am - 11:00 am - STRETCH AND TONE

11:30 am - 1:00 pm- LCC P.E

1:15 pm - 3:45 pm - Open Gym

4:00 pm - 5:45 pm- Fencing Program

6:00 pm - 8:30 pm- Open Gym

FRIDAY

5:30 am - 9:45 am- Open Gym

10:00 am - 11:00 am- ZUMBA GOLD

11:30 am- 1:00 pm- LCC P.E

1:15 pm- 3:45 pm- Open Gym

4:00 pm - 6:00 pm- SACC

6:15 pm - 8:30 pm Open Gym

SATURDAY

8:00 am - 1:30 pm Basketball CROWN Clinic and league Session*

1:45 pm - 4:30 pm Open Gym

SUNDAY

12:15 pm - 1:45 pm Basketball CROWN Team

2:00 pm-5:00 pm Soccer CROWN Clinic Session

*** Break Times built into the schedule are for transition purposes,.

If you have any questions, please see the Manager on Duty or the Front Desk.