

PAUL & CAROLD DAVID YMCA

SIRPILLA GYM Effective 6/20/2022



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
Hours	5:00am-10:00pm		5:00am-10:00pm		5:00am-10:00pm		5:00am-10:00pm		5:00am-9:00pm		6:00am-3:00pm		10:00-3:00pm		
	NORTH	SOUTH	NORTH	SOUTH	SOUTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	
5:00am	OPEN 5am-10am		OPEN 5:00am-9:00pm	Adult Pick-Up Bball 5:30-7:00am	OPEN 5:00am-10:45am	OPEN 5:00am-10:45am	OPEN 5:00am-9:15am	Adult Pick-Up Bball 5:30-7:00am	OPEN 5-10:45pm		OPEN 6-7:45am	Adult Pick-Up Bball 7:15-9am			
6:00am				OPEN 5:00am-10:45am	OPEN 5:00am-10:45am	30 30 9:30-10:30am	OPEN 5:00am-8:00pm	OPEN 6-7:45am			Adult Pick-Up Bball 7:15-9am				
7:00am	Foever Fit 10:00-10:45am	Foever Fit 10:00-10:45am		OPEN 5:00am-9:00pm	OPEN	Foever Fit 10:00-10:45am	Foever Fit 10:00-10:45am	30 30 9:30-10:30am		OPEN 5-10:45pm	OPEN 6-7:45am	Adult Pick-Up Bball 7:15-9am			
8:00am					OPEN										
9:00am															
10:00am															
11:00am	OPEN 11:00 am - 10:00 pm	Pickleball 11:00am-2:00pm			Pickleball 11:00am-2:00pm	OPEN 11:00 am - 10:00 pm	Pickleball 11:00am-2:00pm		Pickleball 11:00am-2:00pm		Pickleball 11:00am-2:00pm		OPEN 9:00am-3:00pm	OPEN 10:00am-3:00pm	
12:00pm															
1:00pm															
2:00pm															
3:00pm															
4:00pm		Teen Open 2:30-6pm		Teen Open 2:30-6pm		Teen Open 2:30-6pm		Teen Open 2:30-6pm		Teen Open 2:30-6pm					
5:00pm															
6:00pm															
7:00pm	OPEN 7:00-9:00pm	OPEN 7:00-9:00pm		Adult Basketball 7:00-9pm	OPEN 6:00-9:00pm	OPEN 6:00-9:00pm	OPEN 7:30-9:00 PM	Adult Basketball 7:00-9pm		OPEN 6:00-8pm					
8:00pm															
9:00pm															

Please note:
 * Pickleball may use more than 1 court **only if** the other courts are not in use by members utilizing open gym times.
 * On School Days Out/Snow Days our gym availability will vary.
****Spring League games**

SCHEDULE SUBJECT TO CHANGE BASED ON YMCA EVENTS

PAUL & CAROLD DAVID YMCA



RABBITT GYM Effective 6/20/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:30am-9:00pm	7:00am-3:00pm	10:00-3:00pm
5:30am	Power Hour 5:30-6:30am	OPEN 5:00-9:15am	Power Hour 5:30-6:30am	OPEN 5:00-9:15am	OPEN 5:00-8:15am	OPEN 6:00-8:45am	
6:00am			OPEN 6:45-8:15am				
7:00am	OPEN 6:45-9:15am						
8:00am	Strength 45 9:30-10:15am	Cardio Cross Training 9:30-10:15am	Total Body Toning 8:30-9:15am	Cardio Cross Training 9:30-10:15am	Total Body Toning 8:30-9:15am	Saturday Sweat 9:00-9:45am	
9:00am			10:00am		Tai Chi 10:30-11:15am		
11:00am	Play Pals 11:00am-Noon	OPEN 10:30am-5:45pm	OPEN 9:30am-5:15pm	OPEN 10:30am-9:00pm		OPEN 11:30-5:30pm	
12:00pm	OPEN 12:15-9pm						
1:00pm							
2:00pm							
3:00pm			Total Body Toning 5:30-6:15pm				Please note: * Pickleball may use more than 1 court only if the other courts are not in use by members utilizing open gym times. * On School Days Out/Snow Days our gym availability will vary. **Spring League games begin April 2***
4:00pm							
5:00pm	OPEN 7:00-9:00pm	OPEN 7:00-9:00pm					
6:00pm						OPEN 7:00-9:00pm	OPEN 7:00-9:00pm
7:00pm	Open 7-8 PM						
8:00pm							
9:00pm							

SCHEDULE SUBJECT TO CHANGE BASED ON YMCA EVENTS