



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREEHOLD FAMILY YMCA GYMNASIUM SCHEDULE APRIL 24 – JUNE 18

KEY:
(F) Full Gym
(A) Side A - left side of gym
(B) Side B - right side of gym

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
FULL OPEN GYM	5:00-10:30am 12:30-9:00pm	5:00-9:00am 1:00-9:00pm	5:00-10:30am 12:30-4:30pm 5:00-6:00pm 8:00-9:00pm	5:00-9:00am 1:00-5:00pm 7:00-9:00pm	5:00-10:30am 12:30-9:00pm	8:00-3:00pm	8:00-3:00pm
HALF (A) OPEN GYM	10:30-12:30pm (A)	9:00-10:45am (A)	10:30-12:30pm (A)	9:00-10:45am (A)	10:30-12:30pm (A)		
HALF (B) OPEN GYM			4:30-5:00pm (B) 6:00-8:00pm (B)	5:00-7:00pm (B)			
PICKLEBALL		10:45-1:00pm (Whole Gym)	6:00-8:00pm (A)	10:45-1:00pm (Whole Gym)			
PROGRAM	Senior Fitness (B) 10:30-12:30pm	Preschool Enrichment (B) 9:00-10:45am	Senior Fitness (B) 10:30-12:30pm Caregiver/Child Basketball (A) 4:30-5:00pm	Preschool Enrichment (B) 9:00-10:45am Basketball Clinic (A) 5:00-7:00pm	Senior Fitness (B) 10:30-12:30pm		

The gymnasium schedule is subject to change. Please visit the YMCA Daxko App for the most up to date information.