



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLD BRIDGE FAMILY YMCA GYMNASIUM SCHEDULE Fall I: September 12–October 29, 2023

(F) FULL GYM, (A) GYM LEFT SIDE, (B) GYM RIGHT SIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL OPEN GYM	5:00–9:00 PM	5:00–9:00 PM	5:00–9:30 AM 10:30–9:00 PM	5:00–9:00 PM	5:00–9:00 PM	7:00–5:00 PM	7:00–5:00 PM
HALF (A) OPEN GYM			9:30–10:30 AM (A)		10:00–11:00 AM (A)		
HALF (B) OPEN GYM							
OPEN PICKLEBALL	10:30–12:30 PM 6:30–8:00 PM	10:30–12:30 PM	10:30–12:30 PM	10:30–12:30 PM	11:00–1:00 PM Family Pickleball 6:00–7:30 PM		
PROGRAM		Sports Sampler (B) 5:30–6:15 PM	Boot Camp (B) 9:30–10:30 AM Youth Basketball Clinic (B) 5:00–8:00pm		Kickboxing (B) 10:00–11:00 AM		

*Schedule is subject to change. Please visit the YMCA Daxko App for the most up to date information.