



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FREEHOLD FAMILY YMCA GYMNASIUM SCHEDULE WINTER: January 2–February 25, 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FULL OPEN GYM</b>	5:00–10:30am 2:00– 4:30pm 6:00–9:00pm	5:00–9:00am 1:00–4:00 pm 6:00–9:00pm	5:00–10:30am 12:30–6:00pm 8:00–9:00pm	5:00–9:00am 1:00– 5:00pm 7:00–9:00pm	5:00–10:30am 2:00–4:30pm 6:00–9:00pm	7:00–11:00am 1:00–5:00pm	7:00 –11:00am 1:00–5:00pm
<b>HALF (A) OPEN GYM</b>	10:30–2:00 pm  4:30–6:00pm Teens Only (13–17 yrs)	  9:00–10:45am	  10:30–12:30pm	  9:00–10:45am	10:30–2:00pm  4:30–6:00pm Teens Only (13–17 yrs)	11:00am–1:00pm Teens Only (13–17 yrs)	11:00am–1:00pm Teens Only (13–17 yrs)
<b>HALF (B) OPEN GYM</b>	  4:30–6:00pm Family Gym		  6:00–8:00pm	  5:00–7:00pm	4:30–6:00pm Family Gym	11:00am–1:00pm Family Gym	11:00am–1:00pm Family Gym
<b>PICKLEBALL</b>	  12:30–2:00pm (B)	10:45–1:00pm (A & B)  4:00–6:00pm (A & B) Registration Required	  6:00–8:00pm (A)	  10:45–1:00pm (A & B)	  12:30–2:00 pm (B)		
<b>PROGRAM</b>	Senior Fitness (B) 10:30–12:30pm	Preschool Enrichment (B) 9:00–10:45am	Senior Fitness (B) 11:30–12:30pm	Preschool Enrichment (B) 9:00–10:45am  Basketball Clinic (A) 5:00–7:00pm	Senior Fitness (B) 10:30–12:30pm		

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