



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OLD BRIDGE FAMILY YMCA GYMNASIUM SCHEDULE Spring 1: Feb 26–April 21, 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL OPEN GYM	5:00AM–9:30AM 12:30PM–5:30PM 8:00PM–9:00PM	5:00AM–9:30AM 12:30PM–9:00PM	5:00AM–9:30 AM 12:30PM–5:00 PM 8:00PM–9:00PM	5:00AM–9:30 AM 12:30PM–4:30PM 6:00PM–9:00PM	5:00AM–9:30AM 2:00PM–6:00PM 7:30PM–9:00PM	7:00AM–9:30AM 10:30AM–5:00PM	7:00AM–5:00 PM
HALF (A) OPEN GYM	5:30PM–6:15PM		9:30AM–10:30 AM 5:00PM–8:00PM	4:30PM–5:00PM	9:30AM–10:30AM	9:30AM–10:30AM	
HALF (B) OPEN GYM							
OPEN PICKLEBALL	9:30AM–12:30PM 6:30PM–8:00PM	9:30AM–12:30 PM	10:30AM–12:30 PM	9:30AM–12:30 PM	10:30AM–12:30 PM  Family Pickleball 6:00PM–7:30PM		
PROGRAM	Sports Sampler (B) 5:30PM–6:15PM		Boot Camp (B) 9:30AM–10:30 AM  Youth Basketball Clinic (B) 5:00PM–8:00PM	Mighty Kidz Fit 4:30PM–5:00pm (B)  Mighty Kidz Fit 5:00PM–5:45PM (A & B)	Total Body (B) 9:30AM–10:30AM  Homeschool PE 1:00PM–2:00PM (A & B)	Intro to Soccer 9:30AM–10:30AM	

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