



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RED BANK FAMILY YMCA GYMNASIUM SCHEDULE FEBRUARY 26 – APRIL 20

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	5:00a – 10:00a 1:00p – 4:00p 6:15p – 9:00p	5:00a – 8:00a 1:00p – 6:30p	5:00a – 8:00a 9:30a – 10:00a 1:00a – 9:00p	5:00a – 8:00a 12:00p – 6:00p	5:00am–10:00a 11:00a – 5:00p 7:30p – 9:00p	6:00a – 5:00p	6:00a – 9:00a 12:00p—5:00p
HALF (A) OPEN GYM	4:00p – 6:15p (A)						
PICKLEBALL LESSONS (in the gymnasium)	Pickleball Lessons 11:00a – 1:00p	Pickleball Lessons 11:00a – 1:00p	Pickleball Lessons 11:00a – 1:00p				Pickleball Lessons 9:00a – 12:00p
PROGRAM	Senior Fitness 10:00a – 11:00a Live Y'ers Youth Programs (B) 4:00p – 6:15p	Open Pickleball 8:00a – 11:00a Adult Pickup Basketball 6:30p – 9:00p	Open Pickleball 8:00a – 9:30a Senior Fitness 10:00a – 11:00a	Open Pickleball 8:00a – 11:00a Homeschool Enrichment 11:00a–12:00p Adult Volleyball League 6:00p – 9:00p	Senior Fitness 10:00a – 11:00a Futsal League 5:00p – 7:30p* *ends 3/8/24		
BIRTHDAY PARTY AND SPECIAL EVENTS	<i>Birthday parties and other gym events present intermittent outliers to this schedule, predominantly on Fri/Sat/Sun. Please contact the Welcome Desk for more information.</i>						

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