



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	5:00-9:30 AM 12:30-5:30PM 8:00-9:00pm	5:00-6:30AM 7:30-9:30AM 12:30-9:00PM	5:00-6:30AM 7:30-9:30AM 12:30-5:00 PM 8:00-9:00PM	5:00-6:30 AM 7:30-9:30Am 12:30-5:00PM 6:00-9:00PM	5:00-9:30 AM 2:00-6:00PM 7:30-9:00PM	7:00-9:30AM 10:30-5:00pm	7:00-5:00 PM
HALF (A) OPEN GYM	5:30-6:15PM	6:30AM-7:30AM	6:30AM-7:30AM 9:30-10:30 AM 5:00-8:00PM	6:30-7:30AM	9:30-10:30am	9:30-10:30am	
HALF (B) OPEN GYM							
OPEN PICKLEBALL	9:30-12:30 PM 6:30-8:00 PM	9:30-12:30 PM	10:30-12:30 PM	9:30-12:30 PM	10:30-12:30 PM Family Pickleball 6:00-7:30 PM		
PROGRAM	Sports Sampler (B) 5:30-6:15 PM	Open Badminton (B) 6:30-7:30AM	Open Badminton (B) 6:30-7:30AM Boot Camp (B) 9:30-10:30 AM Youth Basketball Clinic (B) 5:00-8:00pm	Open Badminton (B) 6:30-7:30AM Mighty Kidz Fit 5:00-5:45pm (A & B)	Total Body (B) 9:30-10:30 Homeschool PE 1:00-2:00pm (A & B)	Intro to Soccer 9:30-10:30am	

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