



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OLD BRIDGE FAMILY YMCA GYMNASIUM SCHEDULE Spring 2: April 22–June 16 , 2024

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FULL OPEN GYM</b>	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
<b>HALF (A) OPEN GYM</b>	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	
<b>HALF (B) OPEN GYM</b>							
<b>OPEN PICKLEBALL</b>	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		
<b>PROGRAM</b>	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)	T.Body (B) 9:30–10:30		

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