



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKE HIGHLANDS YMCA

## GYM Schedule

**\*\*As of December 8th\*\***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9:00am Open Gym (Full Court)	5:30am - 9:00am Pickleball Court A (Half Court) Open Gym Court B (Half Court)	5:30am - 9:00am Open Gym (Full Court)	5:30am - 9:00am Pickleball Court A (Half Court) Open Gym Court B (Half Court)	5:30am - 9:00am Open Gym (Full Court)	7:00am - 9:00am Open Gym (Full Court)	1:00pm - 6:00pm Open Gym (Full Court)
9:00am - 12:00pm Pickleball (Full Court)		9:00am - 12:00pm Pickleball (Full Court)		9:00am - 12:00pm Pickleball (Full Court)	9:00am - 12:00pm Pickleball (Full Court)	
	9:30am - 10:30am GX Class: AOA - Chair Fitness (Full Court)	9:30am - 10:30am GX Class: AOA - Chair Fitness (Full Court)	9:30am - 10:30am GX Class: AOA - Chair Fitness (Full Court)	9:00am - 12:00pm Pickleball (Full Court)	9:00am - 12:00pm Pickleball (Full Court)	
12:00pm - 9:00pm Open Gym (Full Court)	10:30am - 3:00pm Open Gym					
		3:00 - 5:30pm Pickleball (FULL COURT)	3:00 - 5:30pm Pickleball (FULL COURT)	12:00pm - 6:00 pm Youth Basketball Games (Full Court)		
5:30 pm - 9:00 pm Basketball Practice (Full Court)	5:30 pm - 9:00 pm Basketball Practice (Full Court)	5:30 pm - 9:00 pm Basketball Practice (Full Court)	5:30 pm - 9:00 pm Basketball Practice (Full Court)		5:30 pm - 8:00 pm Basketball Practice (Full Court)	

**\*\*Court Schedule is subject to change based on YMCA  
Programming needs. Please call to verify availability.\*\***

**YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.**