



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKE HIGHLANDS YMCA

GYM Schedule

****As of August 1st****

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 (Ages 16+ Only Full Court)	9:30am - 10:30am GX Class: AOA - Chair Fitness (Full Court)	9:00am - 12:00pm Pickleball (Ages 16+ Only Full Court)	9:30am - 10:30am GX Class: AOA - Chair Fitness (Full Court)	9:00am - 12:00pm Pickleball (Ages 16+ Only Full Court)	9:00am - 12:00pm Pickleball (Open Full Court)	
12:00 pm - 9:00 pm Open Gym (Full Court)	10:30am - 2:00pm Open Gym	12:00 pm - 9:00 pm Open Gym (Full Court)	10:30am - 2:00pm Open Gym (Full Court)	12:00 pm - 8:00 pm Open Gym (Full Court)	12:00pm - 6:00 pm OPEN GYM (Full Court)	
	2:00 - 5:30pm Pickleball (OPEN FULL COURT)		2:00 - 5:30pm Pickleball (OPEN FULL COURT)			
	5:30 pm - 9:00 pm Open Gym (Full Court)		5:30 pm - 9:00 pm Open Gym (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.