



FALL COURT SCHEDULE

OCT 19 - NOV 22 , 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B
5-8:30a Open Court		5-8:30a Open Court		5-8:30a Open Court		5-8:30a Open Court		5-8:30a Open Court		7a-12p Open Court	
8:30-9:30a Cardio Strength Intervals		8:30a-9:30a Bootcamp		8:30a-9:30a PIYO		8:30a-9:30a Bootcamp		8:30a-9:30a LM GRIT			
9:30a-10:30a AOA Chair Fitness*		9:30a-10:30a AOA Chair Fitness*		9:30a-10:30a AOA Chair Fitness*		9:30a-10:30a AOA Chair Fitness*		9:30a-10:30a Zumba Gold*		12-5pm Open Court	12-5pm Open Court
10:30a-12:30p Pickleball-3 courts		10:30a-12:30p Open Court	10:30a-12:30p Pickleball 1-court	10:30a-12:30p Pickleball-3 courts		10:30a-12:30p Open Court	10:30a-12:30p Pickleball 1-court	10:30a-12:30p Pickleball-3 courts			
Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	Court A	Court B	SUNDAY	
12:30-5:00p Open Court		12:30-5:00p Open Court		12:30-5:30p Open Court		12:30-5:00p Open Court		12:30-8p Open Court	12:30-8p Open Court	1-6pm Open Court	1-6pm Open Court
5-9:30pm Open Court	5-9:30pm Open Court	5-9:30pm Open Court	5-9:30pm Open Court	5:30-9:30pm Open Court	5:30-9:30pm Pickle Ball	5-9:30pm Open Court	5-9:30pm Open Court				

The gym schedule may change due to YMCA programs and will be adjusted during holiday breaks.

*These classes are temporary and in lieu of water aerobics during construction.

COURT INFORMATION

- Our court is used for different programs throughout the year including volleyball, basketball, pickleball, camps, group exercise, and more.
- Members can expect changes to the court schedule due to YMCA youth programs, member events and school breaks.
- During the summer months the court will be reserved for summer camp during inclement weather or onsite events.
- 17.5 Laps around the court = 1 mile

Court Rules

Respect other members, use appropriate language and exhibit friendly behavior.

Athletic shoes and shirts must be worn at all times.

Water bottles are welcome. Food and water cups are NOT ALLOWED and will be thrown away.

Return any equipment or balls to where they belong when finished.

YMCA Youth Policy for Basketball Court

- Ages 0-9: Household/Families are welcome to stay together and use the facility under the supervision of a responsible guardian 18+ years old. The Wellness Center is off-limits for ages 9 and below even with a guardian of age.
- Ages 10+: Have full use of the basketball court and may work out on the fitness floor after completing required youth orientation. May play pickleball if able to follow the game rules.
- See Member Service Desk for the YMCA Youth Policies for the entire facility.

FACILITY HOURS

Mon - Thurs.....5:00am - 9:30pm
Friday.....5:00am - 8:00pm
Saturday.....7:00am - 5:00pm
Sunday.....1:00pm - 6:00pm

For more information
contact the YMCA at 972-772-9622

CHILDWATCH HOURS

Monday - Saturday.....8:00am - 1:00pm
Monday - Thursday.....4:00pm - 8:00pm
Sunday.....Closed

Included in Family Memberships

- For ages 6wks-10yrs
- Up to 90 minutes per day