



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE- MARCH(1ST-10TH;25TH-31ST)

HILLCREST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45–9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	7:00 – 9:00 am Adult Open Gym	
9:00-12:30pm Open Gym	9:00- 10:00 am Open Gym	9:00-12:30pm Open Gym	9:00- 10:00 am Open Gym	9:00- 10:00 am Open Gym	9:00- 1:30 pm	9:00-12:30pm Men's League
	10:00- 11:00am Preschool		10:00- 11:00am Preschool	10:00- 11:00am Preschool	Jr Cavs Games Until 3/9	
	11:05- 12:00pm Fitness after 50 Class		11:00- 12:00 pm Open Gym	11:05- 12:00pm Fitness after 50 Class		
PM SCHEDULE						
12:30- 2:00 pm Pickleball	12:00- 1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	12:00-1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	1:30- 4:30 pm Open Gym	12:30-2:30pm Open Gym
2:00-4:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-4:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-4:00 pm Open Gym		
4:00- 5:00pm Preschool	4:00- 5:00pm Open Gym No Open Gym 3/26	4:00- 5:00pm Preschool	4:00- 5:00 pm Open Gym No Open Gym 3/28	4:00- 5:00pm Preschool		
5:15-8:30pm Jr. Cavs practices	5:15-8:15pm Jr. Cavs practices	5:00-8:00pm Basketball Skills & Jr Cavs practice	5:15-8:15pm Jr. Cavs practices	5:15-8:30pm Jr. Cavs practices		
8:45-9:30pm Adult Open Gym *18 and over	8:30- 9:30pm Open Gym	8:15-9:30pm Family Open Gym	8:30-9:30pm Open Gym			

*Schedule is subject to change

Please check the whiteboard outside the gym each day for updates on the gym schedule.

HILLCREST FAMILY YMCA

5000 Mayfield Rd, Lyndhurst, OH 44124

P 216 382 4300 www.clevelandymca.org/hillcrest-lyndhurst.html



FOR YOUTH DEVELOPMENT™
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GYM SCHEDULE- MARCH (12TH TO 24TH)

HILLCREST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45–9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	7:00 – 9:00 am Adult Open Gym	
9:00-12:30pm Open Gym	9:00- 10:00 am Open Gym	9:00-12:30pm Open Gym	9:00- 10:00 am Open Gym	9:00- 10:00 am Open Gym	9:00- 1:30 pm Open Gym	9:00-12:30pm Open Gym
	10:00- 11:00am Preschool		10:00- 11:00am Preschool	10:00- 11:00am Preschool		
	11:05- 12:00pm Fitness after 50 Class		11:00- 12:00 pm Open Gym	11:05- 12:00pm Fitness after 50 Class		
PM SCHEDULE						
12:30- 2:00 pm Pickleball	12:00- 1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	12:00-1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	1:30- 4:30 pm Open Gym	12:30-2:30pm Open Gym
2:00-4:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-4:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-4:00 pm Open Gym		
4:00- 5:00pm Preschool	4:00- 5:00pm Open Gym	4:00- 5:00pm Preschool	4:00- 5:00 pm Open Gym	4:00- 5:00pm Preschool		
5:00-8:30pm Open Gym	5:00-8:00pm Open Gym	5:00-8:00pm Basketball Skills Classes	5:00-8:30pm Open Gym	5:00-8:30pm Open Gym		
8:30-9:30pm Adult Open Gym *18 and over	8:30- 9:30pm Open Gym	8:15-9:30pm Family Open Gym	8:30-9:30pm Open Gym			

*Schedule is subject to change

Please check the whiteboard outside the gym each day for updates on the gym schedule.

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