



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE- MAY- STARTING MAY 13TH

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 | |
| 9:00-11:00am Open Gym | 9:00- 10:00 am Open Gym | 9:00-11:00am Open Gym | 9:00- 10:00 am Open Gym | 9:00- 10:00 am Open Gym | 9:00-12:00pm Open Gym | 9:00-12:30pm Men's League |
| | 10:00- 11:00am Preschool | | 10:00- 11:00am Preschool | 10:00- 11:00am Preschool | | |
| 11:05- 12:00pm Silver Sneakers | 11:05- 12:00pm Fitness after 50 Class | 11:05- 12:00pm Silver Sneakers | 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 | 12:00pm –4:30pm Open Gym | 12:30-2:30pm Men's League T.B.D |
| 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- 5:45pm Open Gym | 4:00- 5:00pm Preschool | 4:00- 5:45 pm Open Gym | 4:00- 5:00pm Preschool | | |
| 5:15-8:30pm Open Gym | 6:00-8:30pm Open Gym *Not available May 22 nd - Parent Meeting | 5:15-7:00pm Skills Class | 6:00-8:30pm Open Gym | 5:15-8:30pm Open Gym | | |
| 8:30-9:30pm Adult Open Gym *18 and over | 8:30- 9:30pm Open Gym | 7:15-9:30pm Family Open Gym | 8:30-9:30pm Open Gym | | | |

*Schedule After Spring YBL Session is over

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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 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE- MAY 1ST TO MAY 12TH

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 | |
| 9:00-11:00am Open Gym | 9:00- 10:00 am Open Gym | 9:00-11:00am Open Gym | 9:00- 10:00 am Open Gym | 9:00- 10:00 am Open Gym | 9:30-10:30am Spring YBL Games Until May 11 th | 9:00-12:30pm Men's League |
| | 10:00- 11:00am Preschool | | 10:00- 11:00am Preschool | 10:00- 11:00am Preschool | | |
| 11:05- 12:00pm Silver Sneakers | 11:05- 12:00pm Fitness after 50 Class | 11:05- 12:00pm Silver Sneakers | 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 | 11:00am -4:30pm Open Gym | 12:30-2:30pm Men's League T.B.D |
| 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- 5:45pm Open Gym | 4:00- 5:00pm Preschool | 4:00- 5:45 pm Open Gym | 4:00- 5:00pm Preschool | | |
| 5:15-8:30pm Spring YBL Practices | 6:00-8:30pm Spring YBL Practices | 5:15-8:30pm Basketball Skills & Spring YBL Practices | 6:00-8:30pm Spring YBL Practices | 5:15-8:30pm Spring YBL Practices | | |
| 8:30-9:30pm Adult Open Gym *18 and over | 8:30- 9:30pm Open Gym | 8:30-9:30pm Family Open Gym | 8:30-9:30pm Open Gym | | | |

*Schedule During Spring YBL Session

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

