



GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKESWOOD FAMILY YMCA
January 7th – March 23rd

*Schedule may be changed to accommodate programming

North Gymnasium Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9:00am Adult Basketball Full Court	5:30am - 5:15pm Open Gym Full Court Pick Up	5:30am - 9:00am Adult Basketball Full Court	5:30am - 5:15pm Open Gym Full Court Pick Up	5:30am - 9:00am Adult Basketball Full Court	7:00am - 8:30am Open Gym	9:00am - 1:30pm Volleyball Rental
9:00am - 5:15pm Open Gym Full Court Pick Up		9:00am - 5:15pm Open Gym Full Court Pick Up		9:00am - 9:45pm Open Gym Full Court Pick Up	8:30am - 3:45pm Youth Leagues	
5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	7:00pm - 10:00pm Adult Basketball Leagues	3:45pm - 5:30pm Open Gym	1:30pm - 5:30pm Open Gym Full Court Pick Up
7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues			
South Gymnasium Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9:00am Adult Basketball Full Court	5:30am - 11:45am Open Gym	5:30am - 9:00am Adult Basketball Full Court	5:30am - 9:00am Open Gym	5:30am - 8:30am Adult Basketball Full Court	7:00am - 8:30am Open Gym	9:00am - 1:30pm Volleyball Rental
9:00am - 5:15pm Open Gym Shootaround		12:00pm - 2:00pm Pickleball	9:00am - 4:30pm Open Gym Shootaround	9:00am - 4:30pm Open Gym Shootaround	9:00am - 11:00am Open Gym	
	2:00pm - 5:15pm Open Gym Shootaround	4:30pm - 5:30pm Skills Classes			4:30pm - 5:30pm Skills Classes	11:00am - 2:00pm Pickleball
5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	5:15pm - 7:00pm Youth Leagues	2:00pm - 9:45pm Open Gym Shootaround	3:45pm - 5:30pm 17U and Family Open Gym	1:30pm - 5:30pm Open Gym Shootaround
7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues	7:00pm - 10:00pm Adult Basketball Leagues			

Open Gym Policies

1. No guests allowed for adult open gym.
2. No DUNKING or hanging from basketball rims and/or nets.
3. No food, beverages or gum in the gym.
4. Athletic shoes with non-marking soles only on the court.
5. Please check in/out all basketballs at the front desk.
6. No Full Court when there is programming on the other side.

Important Dates

1. Jan 12 – No Youth Leagues
2. Jan 13 & 20 – No volleyball rental