



# Woodbury YMCA GYM SCHEDULE

Apr 29- May 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	5:00am-9:00am Open Gym	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED	
5:30								
6:00		8:00am-11:00am Competitive Pickleball	8:00am-11:00am All Levels Pickleball No Lessons Needed	7:45am-10:15am YMCA Pickleball Lessons*		7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym	
6:30								
6:30	9:30am-10:15am ForeverWell Bootcamp	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	10:30am-11:30am Kids Stuff	10:00am-11:00am Kids Stuff	9:00am-10:00am Teen Basketball	10:00am-12:00pm All Levels Pickleball No Lessons Needed	
7:00								
7:30	10:30am-11:30am Kids Stuff	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	11:30am-1:00pm Preschool	11:00am-1:00pm Preschool	10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed	
8:00								
8:30	4:00pm-9:00pm Youth Sports*	4:45pm-7:45pm Youth Sports*	1:00pm-7:00pm Open Gym	1:00pm-4:00pm Beginner Competitive Lessons Recommended	1:00pm-4:00pm Beginner Competitive Lessons Recommended	11:00am-12:00pm Open Gym	12:00pm-2:00pm Drop-In Family Gym	
9:00								
9:30		7:45pm-9:00pm Open Gym	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed	4:00pm-5:00pm Girls Gym	5:00pm-7:00pm Girls Youth Sports*	4:00pm-9:00pm Open Gym	12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym
10:00								
10:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
11:00								
11:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
12:00								
12:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
1:00								
1:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
2:00								
2:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
3:00								
3:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
4:00								
4:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
5:00								
5:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
6:00								
6:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
7:00								
7:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
8:00								
8:30	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
9:00								

\*Paid \$\$ must register

Last Updated:4/24/24

\*\*Gym Schedule is subject to change, due to events, weather, and programming  
There could be frequent adjustments to the gym schedule.