



Woodbury YMCA

GYM SCHEDULE

May 13-19

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

*Paid \$\$ must register

Last Updated:5/9/24

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



Woodbury YMCA

GYM SCHEDULE

May 20-26

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



Woodbury YMCA

GYM SCHEDULE

May 27- June 2

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

*Paid \$\$ must register

Last Updated:4/24/24

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