



GYM SCHEDULE

SEPTEMBER 1 – OCTOBER 26, 2025

		5:00 – 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30												
MONDAY	Court 1	OPEN GYM			TYKES PRE SCHOOL		OPEN GYM																	BASE		YOUTH BASKETBALL			OPEN GYM										
	Court 2																																						
	Court 3				EASTER SEALS		OPEN PICKLEBALL				OPEN GYM					OPEN PICKLEBALL		OPEN GYM					ADULT OPEN RUN BASKETBALL																
	Court 4																																						
		5:00 – 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30												
TUESDAY	Court 1	OPEN GYM			TYKES PRE SCHOOL		OPEN GYM																	BASE		OPEN GYM													
	Court 2																																						
	Court 3				EASTER SEALS		OPEN PICKLEBALL				INTRO PICKLEBALL					OPEN PICKLEBALL		YTH VOLLEYBALL RECREATIONAL LEAGUE																					
	Court 4																																						
		5:00 – 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30												
WEDNESDAY	Court 1	OPEN GYM			TYKES PRE SCHOOL		OPEN GYM																	BASE		OEPN GYM													
	Court 2																																						
	Court 3				EASTER SEALS		OPEN PICKLEBALL				OPEN GYM										SUPER																		
	Court 4																																						
		5:00 – 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30												
THURSDAY	Court 1	OPEN GYM			TYKES		HOMESCHOOL PE			OPEN GYM																	BASE		INTRO TO SPORTS			YOUTH VOLLEYBALL			OPEN PICKLEBALL			OPEN GYM	
	Court 2																																						
	Court 3				EASTER SEALS		OPEN PICKLEBALL				OPEN VOLLEYBALL																												
	Court 4																																						
		5:00 – 8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30												
FRIDAY	Court 1	OPEN GYM			TYKES PRE SCHOOL		OPEN GYM																	BASE		OPEN GYM													
	Court 2																																						
	Court 3				EASTER SEALS		OPEN PICKLEBALL				OPEN GYM					OPEN PICKLEBALL																							
	Court 4																																						
		6:00-8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	WATER ONLY! NO OTHER FOOD OR DRINK IN THE GYM																		
SATURDAY	Court 1	OPEN GYM																																					
	Court 2																																						
	Court 3	YTH VOLLEYBALL RECREATION LEAGUE GAMES									OPEN GYM																												
	Court 4																																						
		5:00																																					
SUNDAY	Court 1			OPEN GYM									OPEN SOCCER																										
	Court 2																																						
	Court 3			OPEN PICKLEBALL								OPEN GYM																											
	Court 4																																						

OPEN GYM
Open Gym Basketball is designed for free shoot around, or pickup games with close friends. Participants are required to bring their own ball.

US BANK FIELD HOUSE RULES:

- No dunking or hanqng on rims
- RESPECT OTHERS! Foul language, fighting, rough play or trash talking WILL NOT be tolerated
- No Spitting
- No Horseplay
- Shirts must be worn at all times
- Clean, dry, non-marking athletic shoes only
- Coats, bags etc. should be kept in the locker room areas. Please remember to lock up your belongings and the YMCA is not responsible for lost or stolen items.
- Failure to follow rules rules will result in being asked to leave gym / possible loss of gym privileges

★ ★ PICKLEBALL COURT 2 WILL NOT BE AVAILABLE DAYS SCHOOL IS OUT 10-12:30PM

**NO OPEN GYM
MON 7-8PM AND
THUR 9:30-10:30AM**

8/27/2025 *Gym schedule subject to change due to Fitness , Sports Classes and Events.