



GYM SCHEDULE

NOVEMBER 10 – DECEMBER 10

		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			YTH BASKETBALL WINTER LEAGUE PRACTICE					
	Court 2																															
	Court 3	EASTER SEALS			OPEN PICKLEBALL					INTRO PICKLEBALL		OPEN PICKLEBALL																				
	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			OP					
	Court 2																															
	Court 3	EASTER SEALS			OPEN PICKLEBALL											SUPER ALL STARS		YTH VOLLEYBALL LEAGUE PRACTICE														
	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			OPEN GYM					
	Court 2																															
	Court 3	EASTER SEALS			OPEN PICKLEBALL											OPEN VOLLEYBALL		INTRO TO SPORTS		YTH INDOOR SOCCER												
	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		YTH VOLLEYBALL LEAGUE GAMES														
	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	YTH BASKETBALL LEAGUE GAMES										OPEN GYM																				
	Court 2																															
	Court 3																															
	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											
SUNDAY	Court 1		OPEN GYM																													
	Court 2																															
	Court 3																															
	Court 4																															
		6:00-8:00		8:30	OPEN PICKLEBALL					OPEN GYM																						

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 hanging 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 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

WATER ONLY!
NO OTHER FOOD
OR DRINK IN THE
GYM

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

11/11/2025

*Gym schedule subject to change due to Fitness , Sports Classes and Events.