



GYM SCHEDULE

JANUARY 5 – FEBRUARY 14 2026

		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 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		SPECIAL OLYMPICS								
	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		OP		ADV BB TRAINING						
	Court 2																																	
	Court 3	EASTER SEALS				OPEN PICKLEBALL					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	<div>WATER ONLY! NO OTHER FOOD OR DRINK IN THE GYM</div>								
SATURDAY	Court 1	YTH BASKETBALL LEAGUE GAMES													OPEN GYM																			
	Court 2																																	
	Court 3																																	
	Court 4																																	
SUNDAY	Court 1		OP																															
	Court 2																																	
	Court 3		OPEN PICKLEBALL					OPEN SOCCER																										
	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 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

1/2/2026

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