



GYM SCHEDULE

AUGUST 31 - OCTOBER 25 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		OPEN GYM		TYKES PRE SCHOOL		OPEN GYM						OPEN GYM						BASE		YOUTH BASKETBALL																																																	
				EASTER SEALS		OPEN PICKLEBALL										OPEN PICKLEBALL		OPEN GYM						ADULT OPEN RUN BASKETBALL																																													
TUESDAY		OPEN GYM		TYKES PRE SCHOOL		OPEN GYM						OPEN GYM						BASE		OPEN GYM																																																	
				EASTER SEALS		OPEN PICKLEBALL				INTRO PICKLEBALL								OPEN PICKLEBALL																																																			
WEDNESDAY		OPEN GYM		TYKES PRE SCHOOL		OPEN GYM						OPEN GYM						BASE		OPEN GYM																																																	
				EASTER SEALS		OPEN PICKLEBALL										OPEN PICKLEBALL																																																					
THURSDAY		OPEN GYM		TYKES HOME SCHOOL PE		OPEN GYM						OPEN GYM						BASE		INDOOR T-BALL		OPEN GYM																																															
				EASTER SEALS		OPEN PICKLEBALL										OPEN PICKLEBALL		OPEN VOLLEYBALL																																																			
FRIDAY		OPEN GYM		TYKES PRE SCHOOL		OPEN GYM						OPEN GYM						BASE		OPEN GYM																																																	
				EASTER SEALS		OPEN PICKLEBALL										OPEN PICKLEBALL																																																					
SATURDAY		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																													
		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																													
SUNDAY		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																													

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

*Sept. 26 Fall Fest & Healthy Living Expo

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

8/25/2026

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