

LOCKPORT FAMILY YMCA  
**OPEN GYM / OPEN BASKETBALL**  
 NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>PICKLEBALL</b> 6:30-10:00 AM (3 Courts)	<b>OPEN GYM</b> 5:00-9:00 AM	<b>TRX CIRCUIT</b> ½ GYM 5:15-6:00 AM	<b>OPEN GYM</b> 5:00-10:00 AM	<b>PICKLEBALL</b> 6:30-10:00 AM (3 courts)	
		<b>TRX CIRCUIT</b> ½ GYM 9:00-9:45 AM	<b>PICKLEBALL</b> 6:30-10:00 AM (3 courts)	<b>TRX CIRCUIT</b> ½ GYM 9:00-9:45 AM		<b>JR. CAVS BASKETBALL</b> <b>GYM CLOSED</b> 8:00-12:30 PM
<b>OPEN GYM</b> 8:00 AM-3:00 PM	<b>OPEN GYM</b> ½ GYM 10:00-11:00 AM	<b>OPEN GYM</b> ½ GYM 9:00-10:45 AM	<b>OPEN GYM</b> ½ GYM 10:00-11:00 PM	<b>OPEN GYM</b> ½ GYM 9:00-10:45 AM	<b>OPEN GYM</b> ½ GYM 10:00-11:30 AM	<b>OPEN GYM</b> 12:30 PM-5:00 PM
	<b>BOOM MUSCLE®</b> ½ GYM 10:30-11:00 AM	<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> 11:00-11:45 AM	<b>BOOM MUSCLE®</b> ½ GYM 10:30-11:00 AM	<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> 11:00-11:45 AM	<b>SILVERSNEAKERS®</b> <b>CIRCUIT</b> 10:30-11:15 AM	
	<b>OPEN GYM/BASKETBALL</b> 11:00-1:00	<b>ADULT PICKUP BASKETBALL</b> 12:00-1:30 PM	<b>SILVERSNEAKERS®</b> <b>YOGA</b> 11:15-12:00 PM	<b>ADULT PICKUP BASKETBALL</b> 12:00-1:30 PM		
	<b>PICKLEBALL</b> 1:30-3:30 PM (3 court)	<b>OPEN GYM</b> 12:00-1:00 PM	<b>PICKLEBALL</b> 1:30-3:30 PM (3 court)			
	<b>OPEN GYM</b> ½ GYM 1:00-1:45 PM	<b>OPEN GYM</b> 3:30-5:30 PM	<b>SILVERSNEAKERS®</b> <b>CLASSIC</b> 1:00-1:45 PM	<b>OPEN GYM</b> 3:30-6:15 PM		
	<b>SILVERSNEAKERS</b> <b>CLASSIC®</b> 1:00-1:45 PM	<b>OPEN GYM</b> ½ GYM 5:30-7:30 PM	<b>OPEN GYM</b> 2:00-6:00 PM			
	<b>OPEN GYM</b> 1:00-5:30 PM	<b>GIRLS PICK UP BASKETBALL (ages 13-18)</b> ½ GYM 5:30-6:15 PM	<b>JR. CAVS BASKETBALL</b> GYM CLOSED 5:30-7:30 PM	<b>OPEN GYM</b> ½ GYM 6:15-7:30 PM		
	<b>JR. CAVS BASKETBALL</b> GYM CLOSED 5:30-7:30 PM	<b>YOUTH SOCCER</b> ½ GYM 6:30-7:15 PM	<b>OPEN GYM</b> 7:30-9:00 PM	<b>SPORTS OF ALL SORTS</b> (ages 5-8) 6:30-7:15 PM		
	<b>OPEN GYM</b> 7:30-9:00 PM	<b>OPEN GYM/BASKETBALL</b> 7:30-9:00 PM		<b>OPEN GYM</b> 7:30-9:00 PM		

