

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 JANUARY 2022

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

