

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		PICKLEBALL 6:30-8:30 AM (3 courts)		PICKLEBALL 6:30-8:30 AM (3 courts)				
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	PICKLEBALL 6:30-10:00 AM (3 Courts)	TRX CIRCUIT (1/2 GYM) 9:00-9:45 AM	PICKLEBALL 6:30-10:00 AM (3 courts)	TRX CIRCUIT 1/2 GYM 9:00-9:45 AM	PICKLEBALL 6:30-10:00 AM (3 courts)	OPEN GYM 7:00 AM-8:45 AM		
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM		OPEN GYM (1/2 GYM) 9:00-10:45 AM		OPEN GYM 1/2 GYM 9:00-10:45 AM			OPEN GYM 1/2 GYM 10:00-11:30 AM	BASKETBALL SKILLS (1/2 GYM) 9:00-11:00 AM
OPEN GYM 10:00 AM-5:00 PM		BOOM MUSCLE® 10:30-11:00 AM		ZUMBA GOLD 10:00-10:45 AM			BOOM MUSCLE® 10:30-11:00 AM	
	LINE DANCE 11:15 AM-12:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	SILVERSNEAKERS® YOGA 11:15-12:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	OPEN GYM 11:30 AM-10:00 PM	OPEN GYM (1/2 GYM) 9:00-11:00 AM		
	OPEN GYM 11:15-10:00 PM	ADULT PICKUP BASKETBALL 12:00-1:30 PM	OPEN GYM 12:00-10:00 PM	ADULT PICKUP BASKETBALL 12:00-1:30 PM			ADULT PICKUP BASKETBALL 12:00-1:30 PM	
		PICKLEBALL 1:30-3:30 PM (3 court)		PICKLEBALL 1:30-3:30 PM (3 court)		OPEN GYM 3:30-10:00 PM	OPEN GYM 11:00 AM-5:00 PM	
		OPEN GYM 3:30-5:15 PM		OPEN GYM (1/2 GYM) 5:15-7:30 PM				
OPEN GYM (1/2 GYM) 5:15-7:30 PM		PEE WEE SOCCER (1/2 GYM) 5:30-6:15 PM						
		YOUTH SOCCER (1/2 GYM) 6:30-7:15 PM				OPEN GYM 11:00 AM-5:00 PM		
		OPEN GYM/BASKETBALL 7:30-10:00 PM						

** 1/2 Gym may be used for birthday parties from 1:00-3:30 pm. App will reflect any schedule changes.

