

**LOCKPORT FAMILY YMCA**  
**OPEN GYM / OPEN BASKETBALL**  
 June 26- July 23, 2022

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

\*\*During inclement weather camp program may need to use the gym, disrupting the scheduled programs. We will try to give as much notice as possible.\*\*