

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 August 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 (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	
OPEN GYM 10:00 AM-5:00 PM ** 1/2 Gym may be used for birthday parties from 1:00-3:30 pm. App will reflect any schedule changes.	BOOM MUSCLE® 10:30-11:00 AM	ZUMBA GOLD 10:00-10:45 AM	BOOM MUSCLE® 10:30-11:00 AM	ZUMBA GOLD 10:00-10:45 AM	SILVERNEAKERS® CIRCUIT 10:30-11:15 AM	OPEN GYM 7:00 AM-5:00 PM
	LINE DANCE 11:15 AM-12:00 PM	SILVERNEAKERS® CLASSIC 11:00-11:45 AM	SILVERNEAKERS® YOGA 11:15-12:00 PM	SILVERNEAKERS® CLASSIC 11:00-11:45 AM	OPEN GYM 11:30 AM-3:30 PM	
	OPEN GYM 11:15-3:30 PM	ADULT PICKUP BASKETBALL 12:00-1:30 PM	OPEN GYM 12:00-3:30 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 (1/2 GYM) 3:30-5:30 PM		CAMP PROGRAM (1/2 GYM) 3:30-5:30 PM		
	OPEN GYM (1/2 GYM) 3:30-5:30 PM	OPEN GYM/BASKETBALL 5:30-10:00 PM	OPEN GYM (1/2 GYM) 3:30-5:30 PM	OPEN GYM (1/2 GYM) 3:30-5:30 PM	OPEN GYM (1/2 GYM) 3:30-5:30 PM	
CAMP PROGRAM (1/2 GYM) 3:30-5:30 PM	CAMP PROGRAM (1/2 GYM) 3:30-5:30 PM		CAMP PROGRAM (1/2 GYM) 3:30-5:30 PM	CAMP PROGRAM (1/2 GYM) 3:30-5:30 PM		
	OPEN GYM 5:30-10:00 PM		OPEN GYM 5:30-10:00 PM	OPEN GYM 5:30-10:00 PM	OPEN GYM 5:30-10:00 PM	

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.