

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 September 4-17, 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	
		BOOM MUSCLE® 10:30-11:00 AM		ZUMBA GOLD 10:00-10:45 AM	BOOM MUSCLE® 10:30-11:00 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.	LINE DANCE Beginner 11:15 AM-12:00 PM Advanced 12:00-12:30 PM OPEN GYM (1/2 GYM) 11:15 AM-12:30 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	SILVERSNEAKERS® YOGA 11:15-12:00 PM OPEN GYM 12:00-10:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	OPEN GYM 11:30 AM-10:00 PM *First Friday of the month Open Gym will be restricted to 1/2 Gym due to Parents Night Out.	OPEN GYM 7:00 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.
		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 3:30-6:15 PM				
		FLOOR HOCKEY (1/2 GYM) 6:15-7:15 PM				
	OPEN GYM 12:30-10:00 PM	OPEN GYM (1/2 GYM) 6:15-7:15 PM		OPEN GYM (1/2 GYM) 3:30-7:15 PM		
			PEE WEE SOCCER (1/2 GYM) 5:30-6:15 PM			
		OPEN GYM/BASKETBALL 7:15-10:00 PM	SOCCER (1/2 GYM) 6:30-7:15 PM			
				OPEN GYM 7:15-10:00 PM		

