

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 November 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 7:00-8:15 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
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	SILVERSNEAKERS® CIRCUIT 10:30-11:15 AM	JR. CAVS BASKETBALL GYM CLOSED 8:30 AM-12:45 PM OPEN GYM 12:45-5:00 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	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 *First Friday of the month Open Gym will be restricted to 1/2 Gym from 6:00-9:00 pm due to Parents Night Out.		
	OPEN GYM (1/2 GYM) 11:15 AM-12:30 PM	ADULT PICKUP BASKETBALL 12:00-1:30 PM	OPEN GYM 12:00-5:15 PM	ADULT PICKUP BASKETBALL 12:00-1:30 PM			
	OPEN GYM 12:30-5:15 PM	PICKLEBALL 1:30-3:30 PM (3 court)		PICKLEBALL 1:30-3:30 PM (3 court)			
		OPEN GYM 3:30-5:15 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					
	JR. CAVS BASKETBALL GYM CLOSED 5:30-7:30 PM	BASKETBALL SKILLS (ages 6-9) 5:30-6:15 PM	JR. CAVS BASKETBALL GYM CLOSED 5:30-7:30 PM	PEE WEE SOCCER (1/2 GYM) 5:30-6:15 PM			
		BASKETBALL SKILLS (ages 10-12) 6:30-7:15 PM		SOCCER SKILLS (1/2 GYM) 6:30-7:15 PM			
	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM			