



SOUTHTOWNS FAMILY YMCA

MAIN GYM 1 & 2 – PICKLEBALL | OPEN GYM | YOUTH SPORTS

NOVEMBER 1ST – NOVEMBER 30TH 2022

*YMCA Buffalo Niagara will be CLOSED on Nov. 24th in observance of Thanksgiving



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Open Gym Main Gym 1 7:00am – 12:15pm 1:30pm – 5:00pm</p> <p>Family Open Gym Main Gym 2 7:00am – 5:00pm</p>	<p>Open Gym Main Gym 1 6:15 -7:30am 12:30pm – 1:30pm 2:30pm – 10:00pm</p> <p>Open Gym Main Gym 2 6:30am – 10:30am 11:30am – 4:30pm</p> <p>Family Open Gym Main Gym 2 4:30pm – 10:00pm</p>	<p>Open Gym Main Gym 1 5:00am – 7:30am 10:30am – 12:45pm 2:00pm – 10:00pm</p> <p>Open Gym Main Gym 2 5:00am – 5:30pm 8:30pm – 10:00pm</p>	<p>Open Gym Main Gym 1 6:15 -7:30am 12:30pm – 1:30pm 2:30pm – 10:00pm</p> <p>Open Gym Main Gym 2 6:30 – 10:30am 11:30am – 5:00pm 8:00pm – 10:00pm</p>	<p>Open Gym Main Gym 1 5:00am – 7:30am 10:30am – 12:45pm 2:00pm – 10:00pm</p> <p>Open Gym Main Gym 2 5:00am – 5:30pm 8:30pm – 10:00pm</p>	<p>Open Gym Main Gym 1 6:15-7:30am 12:30pm – 1:30pm 2:30pm – 10:00pm</p> <p>Open Gym Main Gym2 6:30 – 10:30am 11:30am – 4:30pm</p> <p>Family Open Gym Main Gym 2 4:30pm – 10:00pm</p>	<p>Family Open Gym Main Gym 1 7:00am – 11:00am</p> <p>Open Gym Main Gym 1 11:00am – 5:00pm</p> <p>Open Gym Main Gym 2 1:30pm – 5:00pm</p> <hr/> <p>Pickleball Main Gym 2 7:00am – 10:00am</p> <hr/> <p>Jr. Cavs Basketball League Games 10:30am – 1:30pm</p>
			<p>Pee Wee Champs Main Gym 2 5:15pm – 5:45pm</p>			
		<p>Jr. Cavs Basketball Practice Main Gym 2 5:30pm – 8:30pm</p>	<p>6-8yrs Soccer Main Gym 2 6:00pm – 6:45pm</p>	<p>Jr. Cavs Basketball Practice Main Gym 2 5:30pm – 8:30pm</p>		
			<p>9-12yrs Soccer Main Gym 2 7:00pm – 7:45pm</p>			



SOUTHTOWNS FAMILY YMCA

AUXILIARY GYM – PICKLEBALL | OPEN GYM | YOUTH SPORTS

NOVEMBER 1ST – NOVEMBER 30TH 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 7:00am – 9:00am 1:00pm – 5:00pm	Open Gym 5:00am – 6:00am 10:30am – 11:30am (half gym) 11:30am – 2:00pm	Open Gym 6:15am – 9:00am 1:00pm – 4:00pm	Open Gym 5:00am – 6:00am 8:30am – 11:15am 8:00pm – 10:00pm	Open Gym 5:00am – 9:00am 1:00pm – 4:00pm	Open Gym 5:00am – 6:00am 10:30am – 11:30am (half gym) 11:30am – 2:00pm 7:30pm – 10:00pm	Open Gym 7:00am – 8:00am 2:30pm – 5:00pm
Pickleball 9:00-1:00pm	Advanced Pickleball 6:00 – 8:30am		Pickleball 6:00 – 8:30am		Advanced Pickleball 6:00 – 8:30am	
	Pickleball 2:00-4:00pm		Pickleball 2:00-4:00pm		Pickleball 2:00-4:00pm	Jr. Cavs Basketball League Games 10:30am – 2:30pm
					Youth Lacrosse 5:30pm – 6:15pm	
		Pick Up Basketball 7:45pm – 10:00pm		Pick Up Basketball 6:45 – 10:00pm	Jr. Cavs Basketball Practice 6:30pm – 7:30pm	