

**LOCKPORT FAMILY YMCA**  
**OPEN GYM / OPEN BASKETBALL**  
 January 2023

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> 1/2 GYM 9:00-9:45 AM	<b>PICKLEBALL</b> 6:30-10:00 AM (3 courts)	<b>OPEN GYM</b> 7:00-8:00 AM	
<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  ** 1/2 Gym may be used for birthday parties from 1:00-3:30 pm. App will reflect any schedule changes.	<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® CIRCUIT</b> 10:30-11:15 AM	<b>OPEN GYM (1/2 GYM)</b> 8:30 AM-1:30 PM	
	<b>LINE DANCE</b> Beginner 11:15 AM-12:00 PM	<b>SILVERSNEAKERS® CLASSIC</b> 11:00-11:45 AM	<b>SILVERSNEAKERS® YOGA</b> 11:15-12:00 PM	<b>SILVERSNEAKERS® CLASSIC</b> 11:00-11:45 AM	<b>SILVERSNEAKERS® CLASSIC</b> 11:00-11:45 AM		<b>OPEN GYM</b> 11:30 AM-1:30 PM
		<b>ADULT PICKUP BASKETBALL</b> 12:00-1:30 PM		<b>OPEN GYM</b> 12:00-1:30 PM	<b>ADULT PICKUP BASKETBALL</b> 12:00-1:30 PM	<b>ADULT PICKUP BASKETBALL</b> 12:00-1:30 PM	
	<b>OPEN GYM (1/2 GYM)</b> 11:15 AM-12:00 PM	<b>LEARN TO PLAY PICKLEBALL (starting 1/17)</b> 1:30-3:30 PM	<b>OPEN GYM</b> 12:00-1:30 PM		<b>LEARN TO PLAY PICKLEBALL (starting 1/17)</b> 1:30-3:30 PM	<b>LEARN TO PLAY PICKLEBALL (starting 1/17)</b> 1:30-3:30 PM	<b>PICKLEBALL</b> 1:30-3:30 PM
	<b>OPEN GYM</b> 12:00-1:30 PM	<b>OPEN GYM</b> 3:30-5:15 PM		<b>PICKLEBALL</b> 1:30-3:30 PM	<b>OPEN GYM</b> 3:30-5:15 PM	<b>OPEN GYM</b> 3:30-5:15 PM	
	<b>PICKLEBALL</b> 1:30-3:30 PM	<b>BASKETBALL SKILLS (ages 6-9 years old)</b> 5:30-6:15 PM	<b>BASKETBALL SKILLS (ages 6-9 years old)</b> 5:30-6:15 PM	<b>OPEN GYM</b> 3:30-5:15 PM	<b>SOCCER SKILLS (ages 4-5 years old)</b> 5:30-6:15 PM	<b>OPEN GYM</b> 3:30 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.	<b>OPEN GYM</b> 1:30-5:00 PM  ** 1/2 Gym may be used for birthday parties from 1:30-3:30 pm. App will reflect any schedule changes.
<b>OPEN GYM</b> 3:30-5:15 PM	<b>BASKETBALL SKILLS (ages 10-12 years old)</b> 6:30-7:15 PM	<b>JUNIOR CAVS BASKETBALL GYM CLOSED</b> (starting 1/18) 5:30-7:30 PM	<b>SOCCER SKILLS (ages 6-9 years old)</b> 6:30-7:15 PM	<b>OPEN GYM (1/2 Gym)</b> 5:15-7:30 PM			
<b>JUNIOR CAVS BASKETBALL GYM CLOSED</b> (starting 1/16) 5:30-7:30 PM	<b>OPEN GYM (1/2 Gym)</b> 5:15-7:30 PM		<b>OPEN GYM (1/2 Gym)</b> 5:15-7:30 PM				
	<b>OPEN GYM</b> 7:30-10:00 PM	<b>OPEN GYM</b> 7:30-10:00 PM	<b>OPEN GYM</b> 7:30-10:00 PM	<b>OPEN GYM</b> 7:30-10:00 PM			