

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 March 2023

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 9:00-9:45 AM	PICKLEBALL 6:30-10:00 AM (3 courts)	TRX CIRCUIT 9:00-9:45 AM	PICKLEBALL 6:30-10:00 AM (3 courts)	OPEN GYM 7:00-8:00 AM	
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM		OPEN GYM (1/2 GYM) 10:00-10:45 AM		OPEN GYM 1/2 GYM 10:00-10:45 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 TONING 10:00-10:45 AM	BOOM MUSCLE® 10:30-11:00 AM	SILVERSNEAKERS® STABILITY 10:00-10:45 AM	SILVERSNEAKERS® CIRCUIT 10:30-11:15 AM	OPEN GYM (1/2 GYM) 8:30 AM-12:30 PM	
	LINE DANCE Beginner 11:15 AM-12:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	SILVERSNEAKERS® YOGA 11:15-12:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	SILVERSNEAKERS® ADULT PICKUP BASKETBALL 1/2 Gym 12:00-1:30 PM		OPEN GYM 11:30 AM-1:30 PM
		ADULT PICKUP BASKETBALL 1/2 Gym 12:00-1:30 PM		ADULT PICKUP BASKETBALL 1/2 Gym 12:00-1:30 PM			
	OPEN GYM (1/2 GYM) 11:15 AM-12:00 PM	HOMESCHOOL GYM 1/2 Gym 12:00-1:00 PM	OPEN GYM 12:00-1:30 PM	HOMESCHOOL GYM 1/2 Gym 12:00-1:00 PM	PICKLEBALL 1:30-3:00 PM	PICKLEBALL 1:30-3:30 PM	JUNIOR CAVS BASKETBALL (1/2 GYM) 8:30 AM-12:30 PM
	OPEN GYM 12:00-1:30 PM	OPEN GYM 3:00-5:15 PM	PICKLEBALL 1:30-3:30 PM	OPEN GYM 3:00-5:15 PM	OPEN GYM 3:00-5:15 PM	OPEN GYM 3:30 AM-10:00 PM	
PICKLEBALL 1:30-3:30 PM	BASKETBALL SKILLS (ages 6-9 years old) 5:30-6:15 PM	OPEN GYM 3:30-5:15 PM	SOCCER SKILLS (ages 4-5 years old) 5:30-6:15 PM				
OPEN GYM 3:30-5:15 PM	BASKETBALL SKILLS (ages 10-12 years old) 6:30-7:15 PM	JUNIOR CAVS BASKETBALL GYM CLOSED 5:30-7:30 PM	BOXING FITNESS (ages 12-15 years old) 6:30-7:15 PM				
JUNIOR CAVS BASKETBALL GYM CLOSED 5:30-7:30 PM	OPEN GYM (1/2 Gym) 5:15-7:30 PM		OPEN GYM (1/2 Gym) 5:15-7:30 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.	** 1/2 Gym may be used for birthday parties from 1:30-3:30 pm. App will reflect any schedule changes.		
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				

