

LOCKPORT FAMILY YMCA
OPEN GYM / OPEN BASKETBALL
 May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		ADULT PICKLEBALL 6:30-8:30 AM (3 courts)		ADULT PICKLEBALL 6:30-8:30 AM (3 courts)			
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	ADULT PICKLEBALL 6:30-10:00 AM (3 Courts)	TRX CIRCUIT 9:00-9:45 AM	ADULT PICKLEBALL 6:30-10:00 AM (3 courts)	TRX CIRCUIT 9:00-9:45 AM	ADULT PICKLEBALL 6:30-10:00 AM (3 courts)		
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		
	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	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	OPEN GYM 1/2 Gym 12:00-1:30 PM	OPEN GYM 12:00-1:30 PM	OPEN GYM 12:00-1:30 PM	OPEN GYM 1/2 Gym 12:00-1:30 PM	PICKLEBALL 1:30-3:30 PM	
		PICKLEBALL 1:30-3:00 PM					PICKLEBALL 1:30-3:00 PM
	OPEN GYM 12:00-1:30 PM	OPEN GYM 3:00-5:15 PM	PICKLEBALL 1:30-3:30 PM				OPEN GYM 7:00 AM-5:00 PM ** 1/2 Gym may be used for birthday parties from 1:30-3:30 pm. App will reflect any schedule changes.
	PICKLEBALL 1:30-3:30 PM	BASKETBALL SKILLS (ages 6-9 years old) 5:30-6:15 PM					
	OPEN GYM 3:30-10:00 PM	BASKETBALL SKILLS (ages 10-12 years old) 6:30-7:15 PM	OPEN GYM 3:30-10:00 PM	OPEN GYM 3:00-10:00 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) 5:15-7:30 PM					
		OPEN GYM 7:30-10:00 PM					

Schedule is subject to change. Use the app for the most up to date schedule information.