

GYMNASIUM

SUMMER 2024

MONDAY

5:00am-9:30am	OPEN GYM (1/2 Court)
9:30am-12:30pm	Specialty Camp
1:00pm-4:00pm	Specialty Camp
4:00pm-5:30pm	OPEN GYM (1/2 Court)
5:30pm-9:00pm	Youth Basketball Practice

TUESDAY

5:00am-9:30am	OPEN GYM (1/2 Court)
9:30am-12:30pm	Specialty Camp
12:30pm-2:30pm	PICKLEBALL
2:30pm-4:00pm	Specialty Camp
4:00pm-5:30pm	OPEN GYM (1/2 Court)
5:30pm-9:00pm	Youth Basketball Practice

WEDNESDAY

5:00am-9:30am	OPEN GYM (1/2 Court)
9:30am-12:30pm	Specialty Camp
1:00pm-4:00pm	Specialty Camp
4:00pm-6:00pm	OPEN GYM (1/2 Court)
6:00pm-9:00pm	Adult 18+ PICK UP BBALL

THURSDAY

5:00am-9:30am	OPEN GYM (1/2 Court)
9:30am-12:30pm	Specialty Camp
1:00pm-4:00pm	Specialty Camp
4:00pm-6:00pm	OPEN GYM (1/2 Court)
6:00pm-9:00pm	RESERVED BROOKS ADAPTIVE

FRIDAY

5:00am-12:30pm	OPEN GYM (1/2 Court)
12:30pm-2:30pm	PICKLEBALL
2:30pm-4:30pm	OPEN GYM (1/2 Court)
4:30pm-5:30pm	Youth Basketball Practice
5:30pm-9:00pm	Youth Basketball Games

SATURDAY

7:00am-9:00am	OPEN GYM
9:00am-1:00pm	Youth Basketball Games
1:00pm-3:00pm	BROOKS ADAPTIVE
3:00pm-5:00pm	OPEN GYM

**Gymnasium RESERVED 9:00am-11:00am
1st and 3rd Friday of the month
for WOUNDED WARRIOR EVENT**

Gym schedule can change at any time

SUNDAY

7:00am-11:00pm	OPEN GYM
11:00pm-2:00pm	Adult 18+ PICK UP BBALL
2:00pm-5:00pm	OPEN GYM

Visit FCYMCA.org for a full group exercise schedule.