



WILLIAMS FAMILY YMCA

GYM SCHEDULE – APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-9AM Open Gym	5-9AM Open Gym	5-9AM Open Gym	5-8AM Open Gym	5-9AM Open Gym	8AM-5PM Youth Sports	8-10AM Teen/Family Open Gym
	9:30-10:15AM New U	9:15-10AM ALL OUT!	8-10:30AM Pickle Ball	9:15-10AM Tabata & Core		10-12PM Pickle Ball
10:15-11:15AM Zumba	10:30-11:30 Adult Open Gym	10:15-11:15AM Zumba	10:30-1130 Adult Open Gym	10:15-11AM Line Dancing		12-2PM Adult Open Gym
				11-12PM Beginner Instructional Pickle Ball		
12PM-1PM HSPE (back court)	12PM-1PM HSPE	12PM-1PM HSPE	12PM-1PM HSPE	12-1PM Beginner Play Pickle Ball		
1PM-4:00PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball	1PM-4PM Pickle Ball		2-5PM Teen Open Gym
4PM-5:30PM Open Gym*	4PM-5PM Open Gym*	4-5:30PM Open Gym*	4PM-7PM Open Gym*	4-5PM Open Gym*		
5:30-8:30PM Youth Sports	5PM-8:30PM Youth Sports	5:30-9PM Youth Sports	6PM-8PM Youth Sports Ct 1	5PM-8PM Youth Sports		
		8PM-9PM Adult Open Gym Ct 1*	7PM-9PM Adult Open Gym Ct 2*			

*Programming supersedes all open gym activities.

*All other times are open gym and subject to change per Director.

*Open gym is for families/individuals who want to use the gym space.

***ALL OPEN GYM TIMES SUBJECT TO CHANGE BASED ON FIRST COAST GAMES PRACTICES OR GAMES IN APRIL!!!**

April 2025 Events:

Apr 5 Zumbathon

Apr 11 Spring Potluck

Apr 13 Family Volleyball 2:30PM-5:30PM

Apr 25 Battle of the Bikes

Apr 26 Health Kids Day

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

YMCA of Florida's First Coast | FCYMCA.org