



# WILLIAMS FAMILY YMCA

## GYM SCHEDULE – JULY 2025

| Monday                      | Tuesday                           | Wednesday  | Thursday                   | Friday  | Saturday                | Sunday                            |
|-----------------------------|-----------------------------------|--|----------------------------|---|-------------------------|-----------------------------------|
| 5-7AM<br>Open Gym           | 5-7AM<br>Open Gym                 | 5-7AM<br>Open Gym                                    | 5-7AM<br>Open Gym          | 5-7AM<br>Open Gym   | 7AM-5PM<br>Youth Sports | 8-10AM<br>Teen/Family<br>Open Gym |
| 7AM-10AM<br>Summer Camp     | 7AM-9AM<br>Summer<br>Camp         | 9:15-10AM<br>ALL OUT!<br>Ct 1<br>Summer<br>Camp Ct 2 |                            | 9:15-10AM<br>Tabata & Core                                |                         | 10-12PM<br>Pickle Ball            |
| 10:15-<br>11:00AM<br>Zumba  | 9:15-10AM<br>New U                | 10:15-<br>11:00AM<br>Zumba                           |                            | 10:15-11AM<br>Line Dancing<br>Ct 1<br>Summer Camp<br>Ct 2 |                         | 12-5PM<br>Adult Open<br>Gym Ct 1  |
| 11AM-3PM<br>Summer<br>Camp  | 10AM-6PM<br>Summer Camp           | 11AM-3PM<br>Summer<br>Camp                           | 7AM-6PM<br>Summer<br>Camp  | 11AM-2PM<br>Summer Camp                                   |                         |                                   |
|                             |                                   |  |                            | 2-3PM<br>Beginner Play<br>Pickle Ball                     |                         |                                   |
| 3PM-4:30PM<br>Pickle Ball   |                                   | 3PM-<br>4:30PM<br>Pickle Ball                        |                            | 3PM-4:30PM<br>Pickle Ball                                 |                         | 2-5PM<br>Teen Open<br>Gym Ct 2    |
| 4:30PM-6PM<br>Summer Camp   |                                   | 4:30PM-<br>6PM<br>Summer<br>Camp                     |                            | 4:30PM-6PM<br>Summer<br>Camp                              |                         |                                   |
| 5:30-8:30PM<br>Youth Sports | 5:15PM-<br>8:15PM<br>Youth Sports | 5PM-9PM<br>Youth<br>Sports                           | 5:15PM-9PM<br>Youth Sports | 5PM-8PM<br>Youth Sports                                   |                         |                                   |
|                             |                                   |  |                            |   |                         |                                   |

\*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.

### July 2025 Events:

July 1-6 Youth Sports OFF (Open Gym Mon-TH 6-9PM/Fri 6-8PM)

July 13 Family Volleyball 2:30PM-4:30PM

July 14-17 Volleyball Camp 12PM-3PM

July 18 Parents Night Out 5PM-8PM

July 21-24 All Girls Basketball Camp 12PM-3PM

July 26 Military Back to School Bash 7AM-1PM

### STRENGTHENING THE FOUNDATIONS OF COMMUNITY

YMCA of Florida's First Coast | FCYMCA.org