



Woodbury YMCA

# GYM SCHEDULE

April 29 - May 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00am-9:00am Open Gym	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00	9:30am-10:15am ForeverWell Bootcamp	8:00am-11:00am Competitive Pickleball	8:00am-11:00am All Levels Pickleball No Lessons Needed	7:45am-10:15am YMCA Pickleball Lessons*	10:00am-11:00am Kids Stuff	7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym
7:30							
8:00							
8:30							
9:00	10:30am-11:30am Kids Stuff	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	10:30am-11:30am Kids Stuff	11:00am-1:00pm Preschool	9:00am-10:00am Teen Basketball	10:00am-12:00pm All Levels Pickleball No Lessons Needed
9:30							
10:00							
10:30							
11:00	11:30pm-1:00pm Preschool	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	11:30am-1:00pm Preschool	11:00am-1:00pm Preschool	10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed
11:30							
12:00							
12:30							
1:00	1:00pm-4:00pm Open Gym	1:00pm-4:45pm Open Gym	1:00pm-7:00pm Open Gym	1:00pm-4:00pm Beginner Competitive Lessons Recommended	1:00pm-4:00pm Beginner Competitive Lessons Recommended	12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym
1:30							
2:00							
2:30							
3:00	4:00pm-9:00pm Youth Sports*	4:45pm-7:45pm Youth Sports*	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed	4:00pm-5:00pm Girls Gym	4:00pm-9:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym
3:30							
4:00							
4:30							
5:00	4:00pm-9:00pm Youth Sports*	4:45pm-7:45pm Youth Sports*	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed	5:00pm-7:00pm Girls Youth Sports*	4:00pm-9:00pm Open Gym	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00	4:00pm-9:00pm Youth Sports*	4:45pm-7:45pm Youth Sports*	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed	7:00pm-9:00pm Youth Sports*	4:00pm-9:00pm Open Gym	CLOSED	CLOSED
7:30							
8:00							
8:30							
9:00							

\*Paid \$\$ must register

Last Updated: 4/24/24

\*\*Gym Schedule is subject to change, due to events, weather, and programming  
There could be frequent adjustments to the gym schedule.



Woodbury YMCA

# GYM SCHEDULE

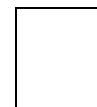
May 6-12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	5:00am-9:00am Open Gym	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED	
5:30								
6:00		8:00am-11:00am Competitive Pickleball	8:00am-11:00am All Levels Pickleball No Lessons Needed	7:45am-10:15am YMCA Pickleball Lessons*		7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym	
6:30						9:00am-10:00am Teen Basketball		
7:00						10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed	
7:30	9:30am-10:15am ForeverWell Bootcamp	11:00am-1:00pm Preschool	10:15am-2:00pm Preschool Graduation	10:15am-2:00pm Preschool Graduation	11:00am-12:00pm Open Gym			
8:00					12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym		
8:30	10:30am-11:30am Kids Stuff	1:00pm-9:00pm Open Gym	1:00pm-4:15pm Open Gym	2:00pm-4:00pm Open Gym	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym		
9:00								
9:30	11:30pm-1:00pm Preschool		4:30pm-6:45pm Youth Sports*	4:00pm-7:00pm Girls Gym	2:00pm-9:00pm Open Gym	CLOSED	CLOSED	
10:00								
10:30								
11:00								
11:30								
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9:00								

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Last Updated:4/24/24

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Woodbury YMCA

# GYM SCHEDULE

May 13-19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00am-9:00am Open Gym	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED
5:30							
6:00							
6:30							
7:00							
7:30	9:30am-10:15am ForeverWell Bootcamp	8:00am-11:00am Competitive Pickleball	8:00am-11:00am All Levels Pickleball No Lessons Needed	7:45am-10:15am YMCA Pickleball Lessons*	5:00am-10:00am Open Gym	7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym
8:00							
8:30							
9:00							
9:30							
10:00	10:30am-11:30am Kids Stuff	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	10:30am-11:30am Kids Stuff	10:00am-11:00am Kids Stuff	10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed
10:30							
11:00							
11:30							
12:00							
12:30	1:00pm-2:00pm School Age Care	11:00am-1:00pm Preschool	11:00am-1:00pm Preschool	11:30am-1:00pm Preschool	11:00am-1:00pm Preschool	12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym
1:00							
1:30							
2:00							
2:30							
3:00	2:00pm-9:00pm Open Gym	1:00pm-9:00pm Open Gym	1:00pm-4:15pm Open Gym	1:00pm-4:00pm Beginner Competitive Lessons Recommended	1:00pm-4:00pm Beginner Competitive Lessons Recommended	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed			4:30pm-6:45pm Youth Sports*	4:00pm-7:00pm Girls Gym	4:00pm-9:00pm Open Gym	CLOSED
8:30							
9:00							
				7:00pm-9:00pm Open Gym			

\*Paid \$\$ must register

Last Updated:4/24/24

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Woodbury YMCA

# GYM SCHEDULE

May 20-26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	5:00am-9:00am Open Gym	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED	
5:30								
6:00		8:00am-11:00am Competitive Pickleball	8:00am-11:00am All Levels Pickleball No Lessons Needed	7:45am-10:15am YMCA Pickleball Lessons*		7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym	
6:30								
7:00						9:00am-10:00am Teen Basketball		
7:30								
8:00	9:30am-10:15am ForeverWell Bootcamp				10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed		
8:30								
9:00	10:30am-12:00pm Kids Stuff	11:00am-12:00pm Kids Stuff	10:30am-12:00pm Kids Stuff	10:00am-12:00pm Kids Stuff	11:00am-12:00pm Open Gym			
9:30								
10:00	12:00pm-9:00pm Open Gym	12:00pm-9:00pm Open Gym	12:00pm-4:15pm Open Gym	12:00pm-1:00pm Open Gym	12:00pm-1:00pm Open Gym	12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym	
10:30				1:00pm-4:00pm Beginner Competitive Lessons Recommended	1:00pm-4:00pm Beginner Competitive Lessons Recommended			
11:00			4:30pm-6:45pm Youth Sports*			2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
11:30			4:00pm-7:00pm Girls Gym	4:00pm-9:00pm Open Gym				
12:00				CLOSED				
12:30								
1:00								
1:30								
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9:00								

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Last Updated:4/24/24

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Woodbury YMCA

# GYM SCHEDULE

May 27 - June 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00	CLOSED	5:00am-8:00am Open Gym	5:00am-8:00am Open Gym	5:00am-7:45am Open Gym	5:00am-10:00am Open Gym	CLOSED	CLOSED	
5:30								
6:00								
6:30								
7:00	7:00am-12:00pm Open Gym	8:00am-11:00am Competitive Pickleball	ForeverWell Senior Health and Wellness Day 9:00am-2:00pm	7:45am-10:15am YMCA Pickleball Lessons*	5:00am-10:00am Open Gym	7:00am-9:00am Adult Pick-up Basketball	7:00am-10:00am Open Gym	
7:30								
8:00								
8:30								
9:00				9:00am-10:00am Teen Basketball				
9:30								
10:00								
10:30								
11:00	10:00am-12:00pm Kids Stuff	10:00am-11:00am Kids Stuff	10:00am-12:00pm All Levels Pickleball No Lessons Needed					
11:30								
12:00								
12:30								
1:00	CLOSED	12:00pm-9:00pm Open Gym	ForeverWell Senior Health and Wellness Day 9:00am-2:00pm	12:00pm-1:00pm Open Gym	12:00pm-1:00pm Open Gym	12:00pm-2:00pm Drop-In Family Gym	12:00pm-2:00pm Drop-In Family Gym	
1:30								
2:00								
2:30								
3:00				1:00pm-4:00pm Beginner Competitive Lessons Recommended	1:00pm-4:00pm Beginner Competitive Lessons Recommended	2:00pm-5:00pm Open Gym	2:00pm-5:00pm Open Gym	
3:30								
4:00								
4:30								
5:00				4:00pm-7:00pm Girls Gym	4:00pm-9:00pm Open Gym	4:00pm-9:00pm Open Gym	CLOSED	CLOSED
5:30								
6:00								
6:30								
7:00	7:00pm-9:00pm 18yr+ Drop-In Pickleball No Lessons Needed	7:00pm-9:00pm Open Gym	7:00pm-9:00pm Open Gym	4:00pm-9:00pm Open Gym	CLOSED	CLOSED		
7:30								
8:00								
8:30								
9:00								

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