# FOUNDATION YMCA GYM SCHEDULE

## COURT A

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
| | 5 AM – 1 PM<br>OPEN COURT BASKETBALL | 5 AM – 7 AM<br>OPEN COURT BASKETBALL | 5 AM – 10 AM<br>OPEN COURT BASKETBALL | 5 AM – 1 PM<br>OPEN COURT BASKETBALL | 5 AM – 1 PM<br>OPEN COURT BASKETBALL | |
| | | 7 AM – 11 AM<br>PICKLEBALL | | | | 7 AM – 9 AM<br>PICKLEBALL |
| 11AM – 4:45 PM<br>OPEN COURT BASKETBALL | 1PM – 4PM<br>PICKLEBALL | 11 AM – 4 PM<br>OPEN COURT BASKETBALL | | 1PM – 4PM<br>PICKLEBALL | | 9 AM – 3:45 PM<br>OPEN COURT BASKETBALL |
| | 4 PM – 6PM<br>RESERVED FOR Y-GIG PROGRAM | 4 PM – 6PM<br>RESERVED FOR Y-GIG PROGRAM | 4 PM – 6PM<br>RESERVED FOR Y-GIG PROGRAM | 4 PM – 6PM<br>RESERVED FOR Y-GIG PROGRAM | 4 PM – 6PM<br>RESERVED FOR Y-GIG PROGRAM | |
| | 6 PM – 8:45 PM<br>HALF COURT OPEN GYM | 6 PM – 8:45 PM<br>HALF COURT OPEN GYM | 6 PM – 8:45 PM<br>HALF COURT OPEN GYM | 6 PM – 8:45 PM<br>FULL COURT BASKETBALL AGES 16+ | 6 PM – 7:45 PM<br>HALF COURT OPEN GYM | |

# FOUNDATION YMCA GYM SCHEDULE

## COURT B

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
| | 5 AM – 7 AM<br>FULL COURT BASKETBALL AGES 16+ | 5 AM – 7 AM<br>FULL COURT BASKETBALL AGES 16+ | 5 AM – 7 AM<br>FULL COURT BASKETBALL AGES 16+ | 5 AM – 7 AM<br>FULL COURT BASKETBALL AGES 16+ | 5 AM – 7 AM<br>FULL COURT BASKETBALL AGES 16+ | |
| | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 7 AM – 9 AM<br>OPEN COURT BASKETBALL |
| | 10 AM – 11 AM<br>RESERVED FOR PRESCHOOL | 10 AM – 11 AM<br>RESERVED FOR PRESCHOOL | 10 AM – 11 AM<br>RESERVED FOR PRESCHOOL | 10 AM – 11 AM<br>RESERVED FOR PRESCHOOL | 10 AM – 11 AM<br>RESERVED FOR PRESCHOOL | 9 AM – 10 AM<br>RESERVED COURT – LEVEL UP KIDS GROUP FITNESS |
| | 11 AM – 1 PM<br>FULL COURT BASKETBALL AGES 16+ | 11 AM – 1 PM<br>RESERVED COURT – FITNESS FUN | 11 AM – 1 PM<br>RESERVED COURT – DIVERSIFIED | 11 AM – 1 PM<br>FULL COURT BASKETBALL AGES 16+ | 7 AM – 10 AM<br>OPEN COURT BASKETBALL | 11 PM– 3:45 PM<br>FULL COURT BASKETBALL AGES 16+ |
| 11AM – 4:45 PM<br>FULL COURT BASKETBALL AGES 16+ | 1 PM – 3 PM<br>RESERVED FOR FOUNDATION KIDS | 1 PM – 3 PM<br>RESERVED FOR FOUNDATION KIDS | 1 PM – 3 PM<br>RESERVED FOR FOUNDATION KIDS | 1 PM – 3 PM<br>RESERVED FOR FOUNDATION KIDS | 1 PM – 3 PM<br>RESERVED FOR FOUNDATION KIDS | |
| | 3 PM – 6 PM<br>OPEN COURT BASKETBALL | 3 PM – 6 PM<br>OPEN COURT BASKETBALL | 3 PM – 6 PM<br>OPEN COURT BASKETBALL | 3 PM – 5 PM<br>OPEN COURT BASKETBALL | 3 PM – 6 PM<br>OPEN COURT BASKETBALL | |
| | 6 PM – 8:45 PM<br>FULL COURT BASKETBALL AGES 16+ | 6 PM – 8:45 PM<br>FULL COURT BASKETBALL AGES 16+ | 6 PM – 8:45 PM<br>FULL COURT BASKETBALL AGES 16+ | 5 PM – 7 PM<br>RESERVED COURT – TWEEN NIGHT | 6 PM – 7:45 PM<br>FULL COURT BASKETBALL AGES 16+ | |
| | | | | 7 PM – 8:45 PM<br>OPEN COURT BASKETBALL | | |