

FOUNDATION YMCA GYM SCHEDULE

COURT A



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

FOUNDATION YMCA GYM SCHEDULE

COURT B



SUN

MON

TUE

WED

THUR

FRI

SAT

5 AM - 7 AM

FULL COURT
BASKETBALL
AGES 16+

5 AM - 7 AM

FULL COURT
BASKETBALL
AGES 16+

5 AM - 7 AM

FULL COURT
BASKETBALL
AGES 16+

5 AM - 7 AM

FULL COURT
BASKETBALL
AGES 16+

5 AM - 7 AM

FULL COURT
BASKETBALL
AGES 16+

7 AM - 9 AM

OPEN
COURT
BASKETBALL

7 AM - 10 AM

OPEN COURT
BASKETBALL

7 AM - 10 AM

OPEN COURT
BASKETBALL

7 AM - 10 AM

OPEN COURT
BASKETBALL

7 AM - 10 AM

OPEN COURT
BASKETBALL

7 AM - 10 AM

OPEN COURT
BASKETBALL

10 AM - 11 AM

RESERVED FOR
PRESCHOOL

10 AM - 11 AM

RESERVED FOR
PRESCHOOL

10 AM - 11 AM

RESERVED FOR
PRESCHOOL

10 AM - 11 AM

RESERVED FOR
PRESCHOOL

10 AM - 11 AM

RESERVED FOR
PRESCHOOL

11 AM - 1 PM

FULL COURT
BASKETBALL
AGES 16+

11 AM - 1 PM

RESERVED
COURT -
FITNESS
FUN

11 AM - 1 PM

RESERVED
COURT -
DIVERSIFIED

11 AM - 1 PM

FULL COURT
BASKETBALL
AGES 16+

7 AM - 10 AM

OPEN
COURT
BASKETBALL

9 AM - 10 AM

RESERVED
COURT -
LEVEL UP KIDS
GROUP FITNESS

11AM - 4:45 PM

FULL COURT
BASKETBALL
AGES 16+

1 PM - 3 PM

RESERVED
FOR
FOUNDATION
KIDS

1 PM - 3 PM

RESERVED
FOR
FOUNDATION
KIDS

1 PM - 3 PM

RESERVED
FOR
FOUNDATION
KIDS

1 PM - 3 PM

RESERVED
FOR
FOUNDATION
KIDS

1 PM - 3 PM

RESERVED
FOR
FOUNDATION
KIDS

11 PM - 3:45 PM

FULL COURT
BASKETBALL
AGES 16+

3 PM - 6 PM

OPEN
COURT
BASKETBALL

3 PM - 6 PM

OPEN
COURT
BASKETBALL

3 PM - 6 PM

OPEN
COURT
BASKETBALL

3 PM - 5 PM

OPEN
COURT
BASKETBALL

3 PM - 6 PM

OPEN
COURT
BASKETBALL

5 PM - 7 PM

RESERVED
COURT -
TWEEN NIGHT

7 PM - 8:45 PM
OPEN COURT
BASKETBALL

6 PM - 7:45 PM

FULL COURT
BASKETBALL
AGES 16+

6 PM - 8:45 PM

FULL COURT
BASKETBALL
AGES 16+

6 PM - 8:45 PM

FULL COURT
BASKETBALL
AGES 16+

6 PM - 8:45 PM

FULL COURT
BASKETBALL
AGES 16+