

# GYM SCHEDULE



Dates: January 2024 - February 2024

Branch: MacColl YMCA

## Family Gym

- **Tuesday** | 4 PM - 6 PM
- **Thursday** | 4 PM - 6 PM

## Open Runs

- **Sunday** | 7 AM - 8 AM
- **Tuesday** | 6:30 AM - 8 AM
- **Thursday** | 6:30 AM - 8 AM
- **Friday** | 6:30 AM - 8 AM

## Open Gym

- **Sunday**
  - 8:30 AM - 2:30 PM
- **Monday**
  - 5:15 AM - 8 AM
  - 12:30 PM - 8:30 PM
- **Tuesday**
  - 5:15 AM - 8 AM
  - 12:30 PM - 8:30 PM
- **Wednesday**
  - 5:15 AM - 8 AM
  - 12:30 PM - 8:30 PM
- **Thursday**
  - 5:15 AM - 8 AM
  - 12:30 PM - 8:30 PM
- **Friday**
  - 5:15 AM - 8 AM
  - 11 AM - 8:30 PM
- **Saturday**
  - 7 AM - 8 AM
  - 12:30 PM - 2:30 PM

## Contact Information

Please contact Brie Smith with any questions regarding the gymnasium at  
[briesmith@ymcapawt.org](mailto:briesmith@ymcapawt.org)

## Programs

- **Monday**
  - 8 AM - 11 AM | Pickleball 18+
  - 11:15 AM - 12:30 PM | Intro to Pickleball
  - 1 PM - 2 PM | Preschool Play
  - 5:30 PM - 6 PM | Lil' Kicks
  - 6:15 PM - 7 PM | Youth Soccer
  - 6 PM - 8:30 PM | Open Volleyball 16+
- **Tuesday**
  - 8 AM - 11 AM | Pickleball 18+
  - 11:15 AM - 12:30 PM | Beginner Pickleball
  - 1 PM - 2 PM | Preschool Play
  - 2 PM - 4 PM | Sports Fusion
  - 7 PM - 8:30 PM | Sports Fusion
- **Wednesday**
  - 8 AM - 11 AM | Pickleball 18+
  - 11:15 AM - 12:30 PM | Intro to Pickleball
  - 1 PM - 2 PM | Preschool Play
  - 5:30 PM - 6 PM | Sports Medley
  - 6:15 PM - 7 PM | Sports Medley
  - 7:15 PM - 8 PM | Sports Medley
- **Thursday**
  - 8 AM - 11 AM | Pickleball 18+
  - 11:15 AM - 12:30 PM | Beginner Pickleball
  - 1 PM - 2 PM | Preschool Play
  - 6:15 PM - 7 PM | Volleyball Fundamentals
  - 2 PM - 4 PM | Sports Fusion
  - 7 PM - 8:30 PM | Sports Fusion
- **Friday**
  - 8 AM - 11 AM | Pickleball 18+
  - 6 PM - 7 PM | Youth Volleyball
  - 7 PM - 8:30 PM | Family Volleyball
- **Saturday**
  - 8 AM - 12 PM | Jr. Celtic's
  - 12:30 PM - 1:30 PM | Youth Pickleball
  - 1:30 PM - 2:30 PM | Youth Pickleball

### Closure Times

Monday-Friday: 8:30 PM

Saturday & Sunday: 2:30 PM