

GYMNASIUM SCHEDULE

EFFECTIVE 1/11/23



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:00AM - 7:45AM	Open Gym 5:00AM - 9:00AM	Open Gym 5:00AM - 5:45AM	Open Gym 5:00AM - 9:00AM	Open Gym 5:00AM - 5:30AM	Open Gym 7:00AM - 8:00AM
Classes 8:00 AM - 11:30AM	Classes 9:00AM - 10:20AM	Classes 6:00AM - 11:30AM	Classes 9:00AM - 10:20AM	Classes 5:45AM - 11:30AM	Classes 8:00AM - 9:30AM
Open Gym 11:45AM - 3:00PM	Pickleball 10:30AM - 1:00PM	Open Gym 11:45AM - 3:00PM	Pickleball 10:30AM - 1:00PM	Open Gym 11:45AM - 3:00PM	Family Gym 9:45AM - 11:30AM
Middle School / High School 3:00PM - 4:45PM	Open Gym 1:00PM - 3:00PM	Middle School / High School 3:00PM - 4:45PM	Open Gym 1:00PM - 3:00PM	Middle School / High School 3:00PM - 4:45PM	Adult Basketball 11:35AM - 1:55PM
Adult Classes 5:00PM - 6:00PM	Middle School / High School 3:00PM - 4:45PM	Adult Classes 5:00PM - 6:00PM	Middle School / High School 3:00PM - 4:45PM	Adult Volleyball 5:00PM—7:30PM	
Adult Basketball 6:30PM - 8:55 PM	Classes 5:00PM - 7:30PM	Adult Basketball 6:30PM - 8:55PM	Classes 5:00PM - 7:30PM		
	Open Gym 7:40PM- 8:55PM		Adult over 30 Basketball 7:40PM - 8:55PM		

Adult Basketball is for members of the YMCA OF Greater Westfield only, no guests and no reciprocity members. You must be 18 years of age or older.

Middle School /High School Basketball is open for current middle and high school students only.

Open Gym is open to all members, reciprocity members and guests of all ages.

Family Gym is open to those with a family membership.