

# GYMNASIUM SCHEDULE

## EFFECTIVE 9/29/2023



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b> 5:00AM - 7:45AM	<b>Open Gym</b> 5:00AM - 9:00AM	<b>Open Gym</b> 5:00AM - 5:45AM	<b>Open Gym</b> 5:00AM - 9:00AM	<b>Open Gym</b> 5:00AM - 5:30AM	<b>Open Gym</b> 7:00AM - 8:00AM
<b>Classes</b> 8:00 AM - 11:30AM	<b>Classes</b> 9:00AM - 10:20AM	<b>Classes</b> 6:00AM - 11:30AM	<b>Classes</b> 9:00AM - 10:20AM	<b>Classes</b> 5:45AM - 11:30AM	<b>Classes</b> 8:00AM - 10:30AM
<b>Open Gym</b> 11:45 -12:45	<b>Pickleball</b> 10:30AM - 1:00PM	<b>Open Gym</b> 11:45AM - 12:45	<b>Pickleball</b> 10:30AM - 1:00PM	<b>SACC</b> 11:45AM - 3:00PM	<b>Family Gym</b> 10:35 - 11:30AM
<b>Middle School / High School</b> 3:00PM - 4:45PM	<b>SACC</b> 1:00PM - 3:00PM	<b>Middle School / High School</b> 3:00PM - 4:45PM	<b>Open Gym</b> 1:00PM - 3:00PM	<b>Middle School / High School- Volleyball</b> 3:00PM - 5:00PM	<b>Adult Basketball</b> 11:35AM - 1:55PM
<b>Adult Classes</b> 5:00PM - 6:00PM	<b>Middle School / High School</b> 3:00PM - 4:45PM	<b>Adult Classes</b> 5:00PM - 6:00PM	<b>Middle School / High School</b> 3:00PM - 4:45PM	<b>Adult Volleyball</b> 5:00PM—7:30PM	
<b>Adult Basketball</b> 6:30PM - 8:55 PM	<b>Classes</b> 5:00PM - 7:30PM	<b>Adult over 30 Basketball</b> 6:30PM - 8:55PM	<b>Classes</b> 5:00PM - 7:30PM		
	<b>Open Gym</b> 7:40PM- 8:55PM		<b>Adult Basketball</b> 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.