

GYMNASIUM SCHEDULE

Effective 9/2/2025



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 5:00-5:45 AM	Open Gym 5:00-9:00 AM	Open Gym 5:00-5:45 AM	Open Gym 5:00-9:00 AM	Open Gym 5:00-5:30 AM	Open Gym 7:00-8:00 AM
Classes 5:45-6:40 AM	Classes 9:00-10:20 AM	Classes 6:00-11:30 AM	Classes 9:00-10:20 AM	Classes 5:45-11:30 AM	Classes 8:00-10:30 AM
Open Gym 6:45-7:45 AM	Pickleball 10:30 AM-1:00 PM	Open Gym 11:45 AM-3:00 PM	Pickleball 10:30 AM-1:00 PM	Open Gym 11:45 AM-3:00 PM	Open Gym 10:35-11:30 AM
Classes 8:00-11:00 AM	Open Gym 1:00-3:00 PM	Middle School/High School Basketball 3:00-4:45 PM	Open Gym 1:00-3:00 PM	Middle School/High School Basketball 3:00-4:45 PM	Adult Basketball 11:35 AM-1:55 PM
Open Gym 11:45 AM-3:00 PM	Middle School/High School Basketball 3:00-4:45 PM	Family Gym 5:00-6:15 PM	Middle School/High School Basketball 3:00-4:45 PM	Volleyball Set Up 5:00-5:15 PM	
Middle School/High School Basketball 3:00-4:45 PM	Classes 5:00-7:30 PM	Adult Over 30 Basketball 6:30-8:55 PM	Classes 5:00-7:30 PM	Adult Volleyball 5:30-7:30 PM	
Family Gym 5:00-6:15 PM	Open Gym 7:40-8:55 PM		Adult Basketball 7:40-8:55 PM		
Adult Basketball 6:30-8:55 PM					

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, families and guests of all ages.

Family Gym is for adults with children, and children with adults.

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