

DECATUR FAMILY YMCA

YOUTH GYM SCHEDULE

SUN

9a-2p Open Gym

MON

4:30a-8a Open Gym
8a-11a Reserved for Silver Sneakers
11a-9p Open Gym

TUES

4:30a-8a Open Gym
8a-11a Reserved for Silver Sneakers
11a-12p Open Gym
12p-4p Open Play Pickleball (1 court available)
4p-5:30p Yoga
5:30p-9p Open Gym

WED

4:30a-8a Open Gym
8a-11a Reserved for Silver Sneakers
11a-12p Open Gym
12p-2p Open Play Pickleball (1 court – beginners only)
2p-9p Open Gym

THURS

4:30a-8a Open Gym
8a-11a Reserved for Silver Sneakers
11a-12p Open Gym
12p-2:30p Open Play Pickleball (1 court available)
2:30p-4:30p Open Gym
4:30p-5:30p Yoga
5:30p-9p Open Gym

FRI

4:30a-8a Open Gym
8a-11a Reserved for Silver Sneakers
11a-8p Open Gym

SAT

7a-8a Open Gym
8a-10:30a Open Play Pickleball (1 court available)
10:30a-4p Open Gym