

*Gym schedule subject to change without notice.

Glens Falls Family YMCA

Gym Schedule for Late Fall Session

Closed for program or special event.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B	Gym side A	Gym side B
5:30 am												Opens @ 6:00		
6:00 am												YMCA Opens @ 8:00 am		
6:30 am														
7:00 am														
7:30 am														
8:00 am														
8:30 am											Youth Basketball			
9:00 am							Soccer n Swim							
9:30 am								Soccer n swim						
10:00am			Littler Dunkers & Swim											
10:30am														
11:00am														
11:30am			Pickle Ball				Pickle Ball							
12:00pm	NBA Basketball				NBA Basketball				NBA Basketball					Littler Dunkers & Swim
12:30pm										Family Work-Out				
1:00 pm														
1:30 pm										Fit 4 Sports				
2:00 pm														
2:30 pm														
3:00 pm										Pre-School gym				
3:30 pm	Little Dunkers					Littler Dunkers & Swim								
4:00 pm	Youth Soccer												50 & over B-ball	
4:30 pm			Mini-Kickers soccer	Y Dribblers	Youth soccer	Scooter Games	Floor hockey	Y Dribblers						
5:00 pm														
5:30 pm			U12 Boys & Girls Soccer Practice 5:00-6:00		U10 Soccer Team Practice U8 5:00-6:00		U8 Soccer Team Practice U10 5:00-6:00							
6:00 pm												Men's Open Basketball League		
6:30 pm														
7:00 pm														
7:30 pm					30 and over Basketball League									
8:00 pm														
8:30 pm														
9:00 pm			Rec. Volley ball									YMCA Closes @ 7:00 pm		
9:30 pm														
10:00pm														
YMCA Closed @ 10:15 pm														