



# GYM SCHEDULE

## WINTER PARK YMCA FAMILY CENTER

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

|          | MONDAY                |              | TUESDAY      |              | WEDNESDAY        |                         | THURSDAY |              | FRIDAY   |         | SATURDAY |         | SUNDAY  |              |  |              |  |              |  |          |  |                  |  |
|----------|-----------------------|--------------|--------------|--------------|------------------|-------------------------|----------|--------------|----------|---------|----------|---------|---------|--------------|--|--------------|--|--------------|--|----------|--|------------------|--|
|          | COURT 1               | COURT 2      | COURT 1      | COURT 2      | COURT 1          | COURT 2                 | COURT 1  | COURT 2      | COURT 1  | COURT 2 | COURT 1  | COURT 2 | COURT 1 | COURT 2      |  |              |  |              |  |          |  |                  |  |
| 5:00 AM  | Open Gym              |              |              |              |                  |                         |          |              |          |         | Open Gym |         |         |              |  |              |  |              |  |          |  |                  |  |
| 6:00 AM  | Open Gym              | Adult Pickup | Open Gym     | Adult Pickup | Open Gym         |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 7:00 AM  | Open Gym              | Adult Pickup | Open Gym     | Adult Pickup | Open Gym         |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 8:00 AM  | Open Gym              |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 9:00 AM  | Wellness Classes      |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 10:00 AM | Reserved for Kid Zone |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 11:00 AM | Reserved for Kid Zone |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 12:00 PM | Open Gym              |              |              |              |                  |                         |          |              |          |         |          |         |         | Adult Pickup |  |              |  |              |  |          |  |                  |  |
| 1:00 PM  |                       |              |              |              |                  |                         |          |              |          |         |          |         |         | Youth Sports |  | Youth Sports |  | Youth Sports |  | Open Gym |  | Adult Volleyball |  |
| 2:00 PM  |                       |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 3:00 PM  |                       |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 4:00 PM  |                       |              |              |              |                  |                         |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 5:00 PM  | Open Gym              | Open Gym     | Open Gym     | Open Gym     | Open Gym         | Youth Sports            |          | Adult Pickup |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 6:00 PM  | Youth Sports          | Youth Sports | Youth Sports | Youth Sports | Youth Sports     | Youth Sports            |          | Adult Pickup |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 7:00 PM  | Youth Sports          | Youth Sports | Youth Sports | Youth Sports | Youth Sports     | Youth Sports            |          | Adult Pickup |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 8:00 PM  | Open Gym              | Open Gym     | Open Gym     | Open Gym     | Adult Volleyball | Adult Basketball League |          | Youth Sports | Open Gym |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |
| 9:00 PM  | Open Gym              | Open Gym     | Open Gym     | Open Gym     | Open Gym         | Adult Basketball League |          |              |          |         |          |         |         |              |  |              |  |              |  |          |  |                  |  |

\* Under 12 Years Old - Parent/Guardian need to be present \* SCHEDULE SUBJECT TO CHANGE.