



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## CANSLER FAMILY Y

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>Closed</b>	<b>Closed</b>
6:00-7:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>Closed</b>	<b>Closed</b>
7:00-8:00a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>Closed</b>	<b>Closed</b>
8:00-8:45a	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>Closed</b>
9:00-10:00a	Pickleball	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym	<b>Closed</b>
10:00-11:00a	Pickleball	<b>Sertoma Center (Gym Closed)</b>	Pickleball	<b>Sertoma Center (Gym Closed)</b>	Pickleball	Open Gym	<b>Closed</b>
11:00-12:00p	<b>Silver Sneakers Classic (Gym Closed)</b>	<b>SS Circuit (Gym Closed)</b>	<b>Silver Sneakers Classic (Gym Closed)</b>	<b>SS Circuit (Gym Closed)</b>	<b>Strength and Movement (Gym Closed)</b>	Open Gym	<b>Closed</b>
12:00-1:00p	Open Gym	Open Gym	<b>Rocksteady (Gym Closed)</b>		<b>Rocksteady (Gym Closed)</b>	Open Gym	Open Gym
1:00-2:00p	Open Gym	Open Gym	<b>Rocksteady (Gym Closed)</b>		<b>Rocksteady (Gym Closed)</b>	Open Gym	Open Gym
2:00-3:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Full Court Pick Up Games
3:00-4:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Full Court Pick Up Games	Full Court Pick Up Games
4:00-5:00p	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym
5:00-5:30p	Open Gym	Full Court Pick Up Games	Open Gym	Full Court Pick Up Games	Open Gym	Open Gym	<b>Closed</b>
5:30-6:30p	<b>Power Up For kids (Gym Closed)</b>	Open gym	<b>Ultimate Fit (Gym Closed)</b>	<b>Power Up For kids (Gym Closed)</b>	<b>Basketball Practice (Gym Closed)</b>	<b>Closed</b>	<b>Closed</b>
6:30-7:30p	<b>Power Up For kids (Gym Closed)</b>	Open gym	<b>Ultimate Fit (Gym Closed)</b>	<b>Power Up For kids (Gym Closed)</b>	<b>Basketball Practice (Gym Closed)</b>	<b>Closed</b>	<b>Closed</b>
7:30-8:30p	Open Gym	Open gym	Open Gym	Open gym	<b>Basketball Practice (Gym Closed)</b>	<b>Closed</b>	<b>Closed</b>
8:30-9:00p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>Closed</b>	<b>Closed</b>

**Open Gym** = Free-play, gym sharing time. All members and guests must **share** the court and allow others space to play

**Full Court** = Pick-up style games where teams may use full court. Full court games take priority over all free play.