	Gi			r - Glenwo		YMCA	
	Sunday East West	Monday East West	Tuesday East West	Wednesday East West	Thursday East West	Friday East West	Saturday East West
5:00 AM	Last West	Last West	Last West	Last West	Last West	Last West	Last West
5:30 AM							
6:00 AM		OPEN GYM	OPEN GYM	OPEN GYM	O P	OPEN GYM	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		Silver Sneakers	Silver Sneakers	Silver Sneakers		Silver Sneakers	
9:00 AM		Open Pickleball *	0	Open Pickleball*	E N G Y M	Open Pickleball *	0
9:30 AM							Р
10:00 AM				Intro to Sports			
10:30 AM							E
10:45 AM			Р				
11:00 AM		Silver Sneakers	_	Silver Sneakers		Silver Sneakers	N
11:30 AM			E				
12:00 PM	Adult Pickleball League	OPEN PICKLEBALL	B.I	OPEN PICKLEBALL		OPEN PICKLEBALL	
12:30 PM			N G Y M				G
1:00 PM							N
1:30 PM							Y
2:00 PM		OPEN GYM		OPEN GYM		0	М
2:30 PM						1	141
3:00 PM						P	
3:30 PM						E	
4:00 PM						N	
4:30 PM							
5:00 PM				Intro to Sports	FASST		GLENWOOD PARK
5:30 PM	Adult Volle Leagu		FASST			G	
6:00 PM						Y	
6:30 PM		Adult Volleyball	OPEN GYM	Women's 3on3 Basketball League	OPEN GYM	М	YMCA HOURS
7:00 PM		League					
7:30 PM							M-TH: 5A - 9P
	PLEASE NOTE!						F: 5A - 8P
							SA: 7A - 5P
9:00 PM EVERYONE MUST EXIT BUILDING BY CLOSE. 9:30 PM * - Sunday Pickleball League for REGISTERED PLAYERS ONLY							
9:30 PM	* - Sunday Pickl	eball League for F		YERS ONLY Only two courts avail	lable		
		SCHED		2019 two courts avail 2025 - Schedule is su			