

Original Gymnasium - Glenwood Park YMCA

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																						
	East	West	East	West	East	West	East	West	East	West	East	West	East	West																					
5:00 AM			CHILD CARE			CHILD CARE		CHILD CARE		CHILD CARE			OPEN GYM																						
5:30 AM																																			
6:00 AM																																			
6:30 AM																																			
7:00 AM																																			
7:30 AM																																			
8:00 AM	OPEN GYM																CHILD CARE		CHILD CARE		CHILD CARE		OPEN GYM												
8:30 AM																																			
9:00 AM																																			
9:30 AM																																			
9:45 AM																																			
10:00 AM																																			
10:30 AM																																			
11:00 AM																																			
11:30 AM																																			
12:00 PM																																			
12:30 PM																																			
1:00 PM																																			
1:30 PM																																			
2:00 PM																												CHILD CARE		CHILD CARE		CHILD CARE		OPEN GYM	
2:30 PM																																			
3:00 PM																																			
3:30 PM																																			
4:00 PM																																			
4:30 PM																																			
4:45 PM																																			
5:00 PM																																			
5:30 PM																																			
5:45 PM																																			
6:00 PM																																			
6:15 PM																																			
6:30 PM																																			
7:00 PM																																			
7:30 PM																																			
8:00 PM	PLEASE NOTE!					CHILD CARE		CHILD CARE		CHILD CARE		OPEN GYM																							
8:30 PM	DOORS LOCK 30 MINS PRIOR TO CLOSE;																																		
9:00 PM	EVERYONE MUST EXIT BUILDING BY CLOSE																CHILD CARE		CHILD CARE		CHILD CARE		OPEN GYM												
9:30 PM																																			

Open Gym
possibility due to
Child Care field
trip. Please check
with desk.

GLENWOOD
PARK

OPEN GYM

YMCA HOURS

M - TH, 5A - 9P

F, 5A - 8P

SA, 7A - 5P

SU, 8A - 2P