

# Gilmore Rec Center - Glenwood Park YMCA

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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East		West		East		West		East		West		East		West		East		West	
5:00 AM				OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM				OPEN GYM		PLAY LEAGUE			
5:30 AM																			
6:00 AM																			
6:30 AM																			
7:00 AM																			
7:30 AM																			
8:00 AM	PICKLEBALL			Silver Sneakers		Silver Sneakers		Silver Sneakers		OPEN GYM				Silver Sneakers		PLAY LEAGUE			
8:30 AM																			
9:00 AM																			
9:30 AM																			
10:00 AM				Open Pickleball *		Open Pickleball *		Open Pickleball *											
10:30 AM																			
10:45 AM																			
11:00 AM																			
11:30 AM	OPEN GYM			Silver Sneakers		OPEN GYM		Silver Sneakers		OPEN GYM				Silver Sneakers		PLAY LEAGUE			
11:45 AM																			
12:00 PM																			
12:30 PM																			
1:00 PM				Open Pickleball *		Open Pickleball *		Open Pickleball *											
1:30 PM																			
2:00 PM																			
2:30 PM	OPEN GYM			OPEN GYM		OPEN GYM		OPEN GYM				OPEN GYM		PLAY LEAGUE					
3:00 PM																			
3:30 PM																			
4:00 PM																			
4:30 PM																			
5:00 PM																			
5:30 PM																			
6:00 PM																			
6:30 PM	VOLLEYBALL LEAGUE Starts 1-26-26; Open gym on 1/12 and 1/19			OPEN GYM		Intro to Sports		PLAY LEAGUE		PLAY LEAGUE				PLAY League		GLENWOOD PARK  YMCA HOURS  M-TH: 5A - 9P F: 5A - 8P SA: 7A - 5P SU: 8A - 2P			
6:30 PM																			
7:00 PM																			
7:30 PM																			
8:00 PM																			
8:30 PM																			
9:00 PM																			
9:30 PM																			
PLEASE NOTE!																			
DOORS LOCK 30 MINS PRIOR TO CLOSE;																			
EVERYONE MUST EXIT BUILDING BY CLOSE.																			

**Pickleball \* - Only two courts available.**

**SCHEDULE AS OF 01/12/26 - Schedule is subject to change.**