

Gilmore Rec Center - Glenwood Park YMCA

Please refer to Gymnasium & Rec Center Program Schedule for complete rules and information.

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
	East	West	East	West	East	West	East	West	East	West	East	West	East	West		
5:00 AM			OPEN GYM		OPEN GYM		OPEN GYM		O P E N G Y M		OPEN GYM					
5:30 AM																
6:00 AM																
6:30 AM																
7:00 AM																
7:30 AM																
8:00 AM																
8:30 AM	OPEN PICKLEBALL		Silver Sneakers		Silver Sneakers		Silver Sneakers		O P E N G Y M		Silver Sneakers		S O C C E R *			
9:00 AM																
9:30 AM																
10:00 AM																
10:30 AM																
10:45 AM																
11:00 AM																
11:30 AM																
11:45 AM																
12:00 PM																
12:30 PM	OPEN GYM		Open Pickleball *		O P E N G Y M		Open Pickleball *		O P E N G Y M		Open Pickleball *		OPEN GYM			
1:00 PM																
1:30 PM																
2:00 PM																
2:30 PM																
3:00 PM																
3:30 PM																
4:00 PM																
4:30 PM																
5:00 PM																
5:30 PM	OPEN GYM		OPEN GYM		O P E N G Y M		I N S T R U C T O R S		PLAY LEAGUE		PLAY LEAGUE		PLAY League		GLENWOOD PARK	
6:00 PM																
6:30 PM																
7:00 PM																
7:30 PM																
8:00 PM																
8:30 PM																
9:00 PM																
9:30 PM																
9:30 PM																

PLEASE NOTE!
DOORS LOCK 30 MINS PRIOR TO CLOSE;
EVERYONE MUST EXIT BUILDING BY CLOSE.

YMCA HOURS
M-TH: 5A - 9P
F: 5A - 8P
SA: 7A - 5P
SU: 8A - 2P

Pickleball * - Only two courts available. * Soccer starts 3/28/26. Open gym all day on 3/21 and 4/4.

SCHEDULE AS OF 03/18/26 - Schedule is subject to change.