

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			OPEN GYM		O P E N G Y M		OPEN GYM		O P E N G Y M		OPEN GYM		S O C C E R *	
8:00 AM														
8:30 AM														
9:00 AM														
9:30 AM														
10:00 AM			Open Pickleball *		O P E N G Y M		Open Pickleball *		O P E N G Y M		Open Pickleball *		S O C C E R *	
10:30 AM														
10:45 AM														
11:00 AM														
11:30 AM														
11:45 AM			Silver Sneakers		O P E N G Y M		Silver Sneakers		O P E N G Y M		Silver Sneakers		S O C C E R *	
12:00 PM														
12:30 PM														
1:00 PM														
1:30 PM														
2:00 PM			Open Pickleball *		O P E N G Y M		Open Pickleball *		O P E N G Y M		Open Pickleball *		S O C C E R *	
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM			O P E N G Y M		O P E N G Y M		OPEN GYM		O P E N G Y M		OPEN GYM			
5:00 PM														
5:30 PM														
6:00 PM														
6:30 PM														
7:00 PM			O P E N G Y M		O P E N G Y M		PLAY LEAGUE		O P E N G Y M		PLAY League			
7:30 PM														
8:00 PM														
8:30 PM														
9:00 PM														

PLEASE NOTE!

DOORS LOCK 30 MINS PRIOR TO CLOSE;

EVERYONE MUST EXIT BUILDING BY CLOSE.

GLENWOOD PARK

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 04/22/26 - Schedule is subject to change.