

# 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
<b>5:00 AM</b>			<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>O P E N  G Y M</b>		<b>OPEN GYM</b>			
5:30 AM														
<b>6:00 AM</b>														
6:30 AM														
<b>7:00 AM</b>														
7:30 AM														
<b>8:00 AM</b>	<b>O P E N  G Y M</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>				<b>Silver Sneakers</b>		<b>O P E N  G Y M</b>	
8:30 AM														
<b>9:00 AM</b>														
9:30 AM														
<b>10:00 AM</b>			<b>O P E N  G Y M</b>		<b>Open Pickleball *</b>		<b>Open Pickleball *</b>		<b>Open Pickleball *</b>		<b>Open Pickleball *</b>			
10:30 AM														
10:45 AM														
<b>11:00 AM</b>														
11:30 AM														
<b>11:30 AM</b>			<b>O P E N  G Y M</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>		<b>Silver Sneakers</b>			
11:45 AM														
<b>12:00 PM</b>														
12:30 PM														
<b>1:00 PM</b>	<b>O P E N  G Y M</b>				<b>Open Pickleball *</b>		<b>Open Pickleball *</b>		<b>Open Pickleball *</b>		<b>Open Pickleball *</b>			
1:30 PM														
<b>2:00 PM</b>														
2:30 PM														
<b>3:00 PM</b>			<b>O P E N  G Y M</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>			
3:30 PM														
<b>4:00 PM</b>														
4:30 PM														
<b>5:00 PM</b>	<b>O P E N  G Y M</b>						<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>	
5:30 PM														
<b>6:00 PM</b>														
6:30 PM														
<b>7:00 PM</b>														
7:30 PM	<b>O P E N  G Y M</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>OPEN GYM</b>		<b>GLENWOOD PARK</b>  <b>YMCA HOURS</b>  M-TH: 5A - 9P F: 5A - 8P SA: 7A - 5P SU: 8A - 2P			
8:00 PM														
8:30 PM														
<b>9:00 PM</b>														

**PLEASE NOTE!**

**DOORS LOCK 30 MINS PRIOR TO CLOSE;**

**EVERYONE MUST EXIT BUILDING BY CLOSE.**

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

**SCHEDULE AS OF 05/17/26 - Schedule is subject to change.**