

# 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
<b>5:00 AM</b>				<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</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>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>					
8:30 AM															
<b>9:00 AM</b>															
9:30 AM															
9:45 AM															
<b>10:00 AM</b>															
10:30 AM															
<b>11:00 AM</b>															
11:30 AM															
<b>12:00 PM</b>															
12:30 PM															
<b>1:00 PM</b>															
1:30 PM															
<b>2:00 PM</b>															
2:30 PM				<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>	<b>CHILD CARE</b>					
<b>3:00 PM</b>															
3:30 PM															
<b>4:00 PM</b>															
4:30 PM															
<b>5:00 PM</b>															
5:30 PM				<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>					
<b>6:00 PM</b>															
6:15 PM															
6:30 PM															
<b>7:00 PM</b>															
7:30 PM															
<b>8:00 PM</b>															
8:30 PM															
<b>9:00 PM</b>															
9:30 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

**SCHEDULE AS OF 5/17/2026 - Schedule is subject to change.** Note - SACC Summer Camp begins 6/8/26. Daytime Open Gym will only be available in the Gilmore Gym.