

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	Open Pickleball		Silver Sneakers	Silver Sneakers	Silver Sneakers					Silver Sneakers	O P E N G Y M					
8:30 AM																
9:00 AM																
9:30 AM																
10:00 AM																
10:30 AM																
10:45 AM																
11:00 AM	Silver Sneakers															
11:30 AM																
11:45 AM																
12:00 PM																
12:30 PM	OPEN GYM		Open Pickleball *		Open Pickleball *											
1:00 PM																
1:30 PM																
2:00 PM																
2:30 PM	PLEASE NOTE! DOORS LOCK 30 MINS PRIOR TO CLOSE; EVERYONE MUST EXIT BUILDING BY CLOSE.		OPEN GYM		OPEN GYM											
3:00 PM																
3:30 PM																
4:00 PM																
4:30 PM																
5:00 PM																
5:30 PM																
6:00 PM																
6:30 PM																
7:00 PM																
7:30 PM																
8:00 PM																
8:30 PM																
9:00 PM																
Pickleball * - Only two courts available.																
SCHEDULE AS OF 05/17/26 - Schedule is subject to change.																

GLENWOOD PARK

YMCA HOURS

M-TH: 5A - 9P

F: 5A - 8P

SA: 7A - 5P

SU: 8A - 2P