

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		OPEN GYM		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		OPEN GYM		Silver Sneakers		OPEN GYM					
8:30 AM			Open Pickleball *		OPEN GYM		Y fit foundations (Youth) *				Silver Sneakers							
9:00 AM											Open Pickleball *							
9:30 AM											Open Pickleball *							
10:00 AM											Open Pickleball *							
10:30 AM											Open Pickleball *							
10:45 AM			Class Set-Up				Class Set-up				Class Set-up							
11:00 AM			Silver Sneakers				Silver Sneakers				Silver Sneakers							
11:30 AM			Silver Sneakers				Silver Sneakers				Silver Sneakers							
11:45 AM			Silver Sneakers				Silver Sneakers				Silver Sneakers							
12:00 PM			OPEN GYM				Open Pickleball *				Open Pickleball *				OPEN GYM		Open Pickleball *	
12:30 PM																		
1:00 PM																		
1:30 PM																		
2:00 PM																		
2:30 PM																		
3:00 PM	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		GLENWOOD PARK									
3:30 PM																		
4:00 PM																		
4:30 PM																		
5:00 PM																		
5:30 PM																		
6:00 PM											OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM	
6:30 PM																		
7:00 PM																		
7:30 PM																		
8:00 PM																		
8:30 PM	DOORS LOCK 30 MINS PRIOR TO CLOSE;												SA: 7A - 5P					
9:00 PM	EVERYONE MUST EXIT BUILDING BY CLOSE.												SU: 8A - 2P					
Pickleball * - Only two courts available.																		
SCHEDULE AS OF 07/01/26 - Schedule is subject to change.																		