

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) *				Open Pickleball *			
9:00 AM							Open Pickleball *							
9:30 AM							Open Pickleball *							
10:00 AM							Open Pickleball *							
10:30 AM			Class Set-Up		Class Set-up		Class Set-up							
10:45 AM			Silver Sneakers		Silver Sneakers		Silver Sneakers				Silver Sneakers			
11:00 AM											Silver Sneakers			
11:30 AM											Silver Sneakers			
11:45 AM											Silver Sneakers			
12:00 PM	OPEN GYM		Open Pickleball *		Open Pickleball *		Open Pickleball *		OPEN GYM		OPEN GYM			
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		OPEN GYM		GLENWOOD PARK			
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM														
6:00 PM	PLEASE NOTE!		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		YMCA HOURS			
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM														
8:30 PM														
9:00 PM	EVERYONE MUST EXIT BUILDING BY CLOSE.												SU: 8A - 2P	
Pickleball * - Only two courts available.														
SCHEDULE AS OF 08/01/26 - Schedule is subject to change.														

GLENWOOD PARK

YMCA HOURS

M-TH: 5A - 9P

F: 5A - 8P

SA: 7A - 5P

SU: 8A - 2P