

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		Silver Sneakers		Silver Sneakers										
8:30 AM																					
9:00 AM			Open Pickleball *				Open Pickleball *				Open Pickleball *										
9:30 AM																					
10:00 AM																					
10:30 AM																					
10:45 AM			Class Set-Up				Class Set-up		OPEN GYM		Class Set-up		OPEN GYM								
11:00 AM																					
11:30 AM																					
11:45 AM			Silver Sneakers				Silver Sneakers		OPEN GYM		Silver Sneakers		OPEN GYM								
12:00 PM																					
12:30 PM																					
1:00 PM	OPEN GYM		Open Pickleball *				Open Pickleball *		OPEN GYM		Open Pickleball *		OPEN GYM								
1:30 PM																					
2:00 PM																					
2:30 PM							OPEN GYM		OPEN GYM		OPEN GYM		GLENWOOD PARK								
3:00 PM																					
3:30 PM																					
4:00 PM																					
4:30 PM																					
5:00 PM																					
5:30 PM	PLEASE NOTE!		OPEN GYM **				OPEN GYM		OPEN GYM		OPEN GYM		YMCA HOURS								
6:00 PM																					
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.															9/14/26 - Adult Volleyball League Begins						
SCHEDULE AS OF 09/01/26 - Schedule is subject to change.																					

M-TH: 5A - 9P
F: 5A - 8P
SA: 7A - 5P
SU: 8A - 2P