

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
5:00 AM			OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM			
5:30 AM														
6:00 AM														
6:30 AM			CHILD CARE		CHILD CARE		CHILD CARE		CHILD CARE					
7:00 AM														
7:30 AM														
8:00 AM	OPEN GYM		CHILD CARE		CHILD CARE		CHILD CARE		CHILD CARE		OPEN GYM			
8:30 AM														
9:00 AM														
9:30 AM														
9:45 AM														
10:00 AM														
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM														
1:30 PM														
2:00 PM														
2:30 PM	CHILD CARE		CHILD CARE		CHILD CARE		CHILD CARE		CHILD CARE					
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM	OPEN GYM		Intro to Sports		OPEN GYM		OPEN GYM		GLENWOOD PARK					
6:00 PM														
6:15 PM														
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM	PLEASE NOTE! DOORS LOCK 30 MINS PRIOR TO CLOSE; EVERYONE MUST EXIT BUILDING BY CLOSE		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		M - TH, 5A - 9P F, 5A - 8P SA, 7A - 5P SU, 8A - 2P			
8:30 PM														
9:00 PM														
9:30 PM														

PLEASE NOTE!

DOORS LOCK 30 MINS PRIOR TO CLOSE;

EVERYONE MUST EXIT BUILDING BY CLOSE

M - TH, 5A - 9P

F, 5A - 8P

SA, 7A - 5P

SU, 8A - 2P

YMCA HOURS

SCHEDULE AS OF 9/1/2026 - Schedule is subject to change. Note - Daytime Open Gym will not be available on 9/4/26 or 9/25/26.