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**		**CHILD CARE**			
7:00 AM													**OPEN GYM**	
7:30 AM														
8:00 AM	**OPEN GYM**													
8:30 AM														
9:00 AM			**OPEN GYM**		**OPEN GYM**		**OPEN GYM**		**OPEN GYM**		**OPEN GYM**		**SOCCER**	
9:30 AM														
9:45 AM														
10:00 AM														
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM													**OPEN GYM**	
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							**Intro to Sports**						**GLENWOOD PARK**	
5:00 PM														
5:30 PM			**OPEN GYM**		**OPEN GYM**				**OPEN GYM**		**OPEN GYM**			
6:00 PM														
6:15 PM													YMCA HOURS	
6:30 PM							**OPEN GYM**							
7:00 PM														
7:30 PM													M - TH, 5A - 9P	
8:00 PM	PLEASE NOTE!												F, 5A - 8P	
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	
9:30 PM														

SCHEDULE AS OF 11/1/2026 - Schedule is subject to change.