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													**OPEN GYM**	
7:30 AM														
8:00 AM	**Open Pickleball**		**Silver Sneakers**		**Silver Sneakers**		**Silver Sneakers**				**Silver Sneakers**			
8:30 AM														
9:00 AM			**Open Pickleball ***		**Open Pickleball ****		**Open Pickleball ***		**Open Pickleball ****		**Open Pickleball ***		**SOCCER**	
9:30 AM														
10:00 AM														
10:30 AM														
10:45 AM			***Class Set-Up***				***Class Set-up***				***Class Set-up***			
11:00 AM														
11:30 AM			**Silver Sneakers**				**Silver Sneakers**				**Silver Sneakers**			
11:45 AM														
12:00 PM														
12:30 PM														
1:00 PM	**OPEN GYM**		**Open Pickleball ***		**OPEN GYM**		**Open Pickleball ***		**OPEN GYM**		**Open Pickleball ***			
1:30 PM														
2:00 PM													**OPEN GYM**	
2:30 PM			**OPEN GYM**				**OPEN GYM**				**OPEN GYM**			
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM													**GLENWOOD PARK**	
5:30 PM														
6:00 PM														
6:30 PM													**YMCA HOURS**	
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	

Pickleball * - Only two courts available.

**** Tuesday & Thursday 9 AM - 12 PM Open Pickleball will switch to Open Gym time on No School/Fun Days. Signage will be posted.**

SCHEDULE AS OF 11/01/26 - Schedule is subject to change.