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	RESERVED												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							
5:00 PM														
5:30 PM			OPEN GYM		OPEN GYM				OPEN GYM		OPEN GYM			
6:00 PM														
6:15 PM														
6:30 PM							OPEN GYM				RESERVED			
7:00 PM														
7:30 PM														
8:00 PM														
8:30 PM														
9:00 PM														
9:30 PM														

PLEASE NOTE!
DOORS LOCK 30 MINS PRIOR TO CLOSE;
EVERYONE MUST EXIT BUILDING BY CLOSE

GLENWOOD PARK

YMCA HOURS

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

SCHEDULE AS OF 11/12/2026 - Schedule is subject to change.