



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA January Gym Schedule

UPDATED 01/03/2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
5:30													
6:00													
6:30													
7:00													
7:30		Latchkey	Latchkey	Latchkey	Latchkey	Latchkey							
8:00		(West	(West	(West	(West	(West							
8:30		Gym)	Gym)	Gym)	Gym)	Gym)							
9:00													
9:30		Crayon Club	Crayon Club	Crayon Club	Crayon Club	Crayon Club							
10:00		(West Gym)	(West Gym)	(West Gym)	(West Gym)	(West Gym)							
10:30	Silver Sneakers	Chair	Silver Sneakers			Tiny Tots Basketball (West Gym)							
11:00	Stability (West)	Yoga (West)	Classic (West)										
11:30			Pickleball		Pickleball								
12:00													
12:30													
1:00													
1:30													
2:00													
2:30								LSO Little Shooters Basketball Clinic (West Gym)					
3:00													
3:30													
4:00													
4:30													
5:00													
5:30													
6:00		Tiny Tots	LSO	Whole Gym	LSO	Futsal Practice							
6:30		Basketball					LITTLE	Closed 6-7pm	YOUTH	01/05 & 01/19			
7:00		(West Gym)	Basketball	SHOOTERS	Tiny Tots	VOLLEYBALL	LSO Little						
7:30		Mens Organized	(WEST	GYM)	Basketball	(WEST	Shooters						
8:00		Basketball (5:30-	GYM)		(West Gym)	GYM)	(West Gym)						
8:30		8:30)(East Gym)											
9:00													

Schedule is subject to change

****No organized team activities during open gym times****

**** Schedule May Vary Due To Weather****

Schedule is subject to change due to rentals not known at printing.