



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule
 UPDATED 10/28/2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30		SilverSneakers 10:00am -11:00am (West Gym)	Chair Yoga	SilverSneakers 10:00am -11:00am (West Gym)			Y Dribblers Basketball
11:00							
11:30			Open Pickle Ball		Open Pickle Ball		
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30		Swim Team		Swim Team			
6:00		Dryland (West Gym)	Shock Basketball	Dryland (East Gym)		Little Shockers Basketball	
6:30						(East Gym)	
7:00		Men's Basketball	(West Gym)	Tiny Tots Basketball			
7:30		(East Gym)		(West Gym)			
8:00							
8:30							
9:00							
9:30							
10:00							

Schedule is subject to change

****No organized team activities during open gym times****
 Schedule is subject to change due to rentals not known at printing.

