



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA November Gym Schedule

UPDATED 11/09/2023

	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								East	East					
2:00								Gym	Gym					
2:30								LSO Little Shooters Basketball Clinic (West Gym)						
3:00														
3:30														
4:00														
4:30														
5:00														
5:30														
6:00		Mens Organized Basketball Games (East Gym)	LSO YOUTH VOLLEYBALL	Whole Gym Closed 6-7pm Tiny Tots Basketball (West Gym)	LSO YOUTH VOLLEYBALL	Futsal Practice								
6:30						11/17 East Gym								
7:00														
7:30														
8:00						WEST		WEST						
8:30	GYM	GYM												
9:00														

Schedule is subject to change

****No organized team activities during open gym times****
1 Side Open During Camp Arrowhead* ** Schedule May Vary Due To Weather*
 Schedule is subject to change due to rentals not known at printing.