



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA August Gym Schedule

UPDATED 12/19/2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30								
6:00								
6:30								
7:00								
7:30		Latchkey	Latchkey	Latchkey	Latchkey	Latchkey		Y Dribblers/ Tiny Tots (West)
8:00		(West Gym)	(West Gym)	(West Gym)	(West Gym)	(West Gym)		
8:30								
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					
11:00	Stability (West)	Yoga (West)	Classic (West)					
11:30								
12:00		Pickleball		Pickleball				
12:30								
1:00		East Gym		East Gym				
1:30								
2:00	LSO Little							
2:30	Shooters							
3:00	1:00-5:00							
3:30	(West)							
4:00								
4:30								
5:00			LSO					
5:30			Youth		LSO			
6:00			BASKETBALL	Tiny Tot	YOUTH	YOUTH		
6:30		Mens	(WEST	Basketball	VOLLEYBALL	BASKETBALL		
7:00		Organized	GYM)	(West)	(WEST	5:30-7:30		
7:30		Basketball	5:00-8:00		GYM)			
8:00					5:30-8:30			
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.