



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

### Lakota Family YMCA March Gym Schedule

UPDATED 03/05/2024

	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 Gym)	(West Gym)	(West Gym)	(West Gym)	(West Gym)	7:30am-10:30am
8:30							Mens
9:00							Organized
9:30		Crayon Club	Crayon Club	Crayon Club	Crayon Club	Crayon Club	Basketball
10:00		(West Gym)	(West Gym)	(West Gym)	(West Gym)	(West Gym)	(East 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		East		
1:30			Gym		Gym		
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00			LSO		LSO		
6:30		Mens	YOUTH		YOUTH		
7:00		Organized	VOLLEYBALL		VOLLEYBALL		
7:30		Basketball	(WEST		(WEST		
8:00			GYM)		GYM)		
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.