



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule

UPDATED 9/11/2023

	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		Silver Sneakers	Chair	Silver Sneakers			
11:00		Stability (West)	Yoga (West)	Classsic (West)			
11:30							
12:00			Pickleball		Pickleball		
12:30	Basketball						
1:00	Practice		East		East		
1:30	West Gym		Gym		Gym		
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00		Mens	LSO		LSO		
6:30		Organized	YOUTH		YOUTH		
7:00		Basketball	VOLLEYBALL		VOLLEYBALL		
7:30		Games					
8:00		(East Gym)	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.