



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Gym Schedule January 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30			Sports Of All Sorts				
8:00			10:00-10:45				
8:30			West Gym				
9:00			Silver		Silver		Lakota Bball
9:30		Silver	Sneakers		Sneakers		10:00-12:00
10:00		Sneakers	10:00-11:00		10:00-11:00		West Gym
10:30		10:00-11:00	East Gym		East Gym		Y Dribblers
11:00		East Gym	Pickle Ball		Pickle Ball		9:30-10:15
11:30			Open Play		Open Play		East Gym
12:00			11:00-2:00		11:00-2:00		
12:30			West Gym		West Gym		
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30				Lakota Bball			
6:00			Shock	5:30-6:30	Shock		
6:30			6:00-7:00	East Gym	6:00-7:00		
7:00			East Gym	Tiny Tot	East Gym		
7:30				Basketball			
8:00				5:45-7:45			
8:30				West Gym			
9:00							
9:30							
10:00							

Schedule is subject to change



