



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule  
 UPDATED 10/28/2022

	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		SilverSneakers 10:00am -11:00am (West Gym)	Chair Yoga	SilverSneakers 10:00am -11:00am (West Gym)			Y Dribblers
11:00							Basketball
11:30			Open Pickle Ball		Open Pickle Ball		
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30		Swim Team		Swim Team			
6:00		Dryland (West Gym)	Shock Basketball	Dryland (East Gym)		Little Shockers Basketball	
6:30				Tiny Tots Basketball		(East Gym)	
7:00			(West Gym)	(West Gym)			
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

Schedule is subject to change

**\*\*No organized team activities during open gym times\*\***  
 Schedule is subject to change due to rentals not known at printing.

