



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule

updated 10/10/2025

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym
5:30														
6:00														
6:30														
7:00				Child		Child		Child		Child		Child		
7:30				Care		Care		Care		Care		Care		
8:00				7a-9a		7a-9a		7a-9a		7a-9a		7a-9a		
8:30														
9:00			Walk 15 Class	Crayon Club		Crayon Club		Crayon Club	Walk 15 Class	Crayon Club		Crayon Club		
9:30			9a-9:50a	9a-9:50a		9a-9:50a		9a-9:50a	9a-9:50a	9a-9:50a		9a-9:50a		
10:00				Silver Sneakers		Chair Yoga		Silver Sneakers						
10:30				10a-11a		10a-11a		10a-11a						
11:00														
11:30						****						****		
12:00					Pickleball	Pickleball			Pickleball	Pickleball				
12:30						1/2 of Court				1/2 of Court				
1:00														
1:30					11a-2p	11a-2p			11a-2p	11a-2p				
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30						LSO				LSO				
6:00						YOUTH				YOUTH				
6:30			Mens			V-BALL				V-BALL				
7:00			Organized			to				5:30p to				
7:30			Basketball			8:30p				8:30p				
8:00			6:00p to											
8:30			8:30p											

Schedule is subject to change

*****T/Th Pickleball may utilize a third court if there are less than 5 people playing basketball on the other half of the West Gymnasium. This is subject to staff decision.**

****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.