



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule

UPDATED 11/01/2025

Schedule is subject to change

	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				Crayon Club		Crayon Club		Crayon Club		Crayon Club		Crayon Club		Ydribblers
9:30				9a-9:50a		9a-9:50a		9a-9:50a		9a-9:50a		9a-9:50a		9-9:45a
10:00				Silver Sneakers		Chair Yoga		Silver Sneakers						Tiny Tots Bball
10:30				10a-11a		10a-11a		10a-11a						10-10:45a
11:00														
11:30						****				****				
12:00					Pickleball	Pickleball			Pickleball	Pickleball			Pickleball	
12:30						1/2 of				1/2 of			Mixer register @ Front Desk	
1:00						Court				Court				
1:30					11a-2p	11a-2p			11a-2p	11a-2p			11a-2p	
2:00														
2:30														
3:00	LSO													
3:30	YOUTH													
4:00	B-BALL													
4:30	3p-5p													
5:00														
5:30						LSO				LSO			LSO	
6:00						YOUTH		Tiny Tots		YOUTH			YOUTH	
6:30			Mens			V-BALL		Bball		V-BALL			B-BALL	
7:00			Organized			5:30p to		6:00-6:45		5:30p to			5:30p to	
7:30			Basketball			8:30p				8:30p			8:30p	
8:00			6:00p to											
8:30			8:30p											

***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**