



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule  
 UPDATED 6/2/2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00		Camp	Camp	Camp	Camp	Camp	
7:30		Arrowhead	Arrowhead	Arrowhead	Arrowhead	Arrowhead	
8:00		7:00am-6:00pm	7:00am-6:00pm	7:00am-6:00pm	7:00am-6:00pm	7:00am-6:00pm	
8:30		(West Gym)	(West Gym)	(West Gym)	(West Gym)	(West Gym)	
9:00							
9:30							
10:00			SilverSneakers		SilverSneakers		
10:30			10:00am - 11:00am		10:00am - 11:00am		
11:00			(East Gym)		(East Gym)		
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
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.