



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Lakota Family YMCA Gym Schedule

updated 8/19/2025

	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 Care 7a-9a		Child Care 7a-9a		Child Care 7a-9a		Child Care 7a-9a		Child Care 7a-9a		
7:30														
8:00														
8:30														
9:00				Crayon Club 9a-9:50a		Crayon Club 9a-9:50a		Crayon Club 9a-9:50a		Crayon Club 9a-10a		Crayon Club 9a-10a		
9:30														
				Silver Sneakers 10a-11a		Chair Yoga 10a-11a		Silver Sneakers 10a-11a						
10:00														
10:30														
11:00														
11:30						****				****				
12:00					Pickleball 11a-2p	Pickleball 1/2 of Court 11a-2p			Pickleball 11a-2p	Pickleball 1/2 of Court 11a-2p				
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30						LSO YOUTH V-BALL 5:30p to 8:30p				LSO YOUTH V-BALL 5:30p to 8:30p				
6:00														
6:30			Mens Organized Basketball 6:00p to 8:30p											
7:00														
7:30														
8:00														
8:30														

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.

