



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Lakota Family YMCA Gym Schedule SUMMER 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30		Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	
8:00		7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	
8:30		<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	<b>Whole Gym</b>	
9:00							
9:30							
10:00		SilverSneakers	SilverSneakers		SilverSneakers		
10:30		10:00am - 11:00am	10:00am - 11:00am		10:00am - 11:00am		
11:00						<b>Boot Camp</b>	
11:30						10:00 - 11:00 East Gym	
12:00		Camp Arrowhead	Camp Arrowhead		Camp Arrowhead		
12:30							
1:00		9:30am - 6:00pm	9:30am - 6:00pm		9:30am - 6:00pm		
1:30		<b>West Gym</b>	<b>West Gym</b>		<b>West Gym</b>		
2:00							
2:30		<b>East gym open</b>	<b>East gym open</b>		<b>East gym open</b>		
3:00							
3:30							
4:00							
4:30				Camp Arrowhead			
5:00				<b>West Gym</b>			
5:30				4:00 - 6:00			
6:00							
6:30			Family Open Gym				
7:00			6:00 - 7:30				
7:30		Open Gym		Open Gym	Open Gym		
8:00							
8:30							
9:00							
9:30							
10:00							

**Schedule is subject to change**

Direct questions regarding Gym availability to: Taylor Barreto at 779-3917 or email Taylor.Barreto@LakotaYMCA.com  
**\*\*No organized team activities during open gym times\*\***  
 Schedule is subject to change due to rentals not known at printing

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