



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule  
UPDATED 4/5/2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00			Spors of All Sorts 10:00am - 10:45a (West Gym)				
9:30							
10:00		SilverSneakers 10:00am - 11:00 (East Gym)	SilverSneakers 10:00am - 11:00a (East Gym)		SilverSneakers 10:00am - 11:00a (East Gym)		
10:30							
11:00							
11:30			Pickle Ball OPEN PLAY 11:00am - 2pm (West Gym)		Pickle Ball OPEN PLAY 11:00am - 2pm (West Gym)		
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			Shock Basketball Practice (1/2 court) 5:30pm-7:00pm		Shock Basketball Practice (1/2 court) 5:30pm-7:00pm		
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.

