



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule

updated 4/11/2025

	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														
7:30				SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		
8:00				CAMP		CAMP		CAMP		CAMP		CAMP		
8:30														
9:00														
9:30				7a-9:30a		7a-9:30a		7a-9:30a		7a-9:30a		7a-9:30a		
10:00				Silver Sneakers		Chair Yoga		Silver Sneakers						
10:30				10a-11a		10a-11a		10a-11a						
11:00														
11:30														
12:00				SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		
12:30				CAMP		CAMP		CAMP		CAMP		CAMP		
1:00														
1:30				12-1:30		12-1:30		12-1:30		12-1:30		12-1:30		
2:00														
2:30														
3:00														
3:30														
4:00				SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		SPRING BREAK		
4:30				CAMP		CAMP		CAMP		CAMP		CAMP		
5:00														
5:30				4p-6p		4p-6p		4p-6p		4p-6p		4p-6p		
6:00														
6:30														
7:00				Mens Organized										
7:30				Basketball										
8:00				6:00p to 8:30p										
8:30														

Schedule is subject to change

****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.