



Wallingford Family YMCA GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 1 – June 15

MONDAY

4:30-9:00AM	Open Gym
9:00-10:15AM	Fitness Class
10:15-11:30AM	Open Gym
11:30-2:00PM	Adult Basketball
2:00-2:45PM	Open Gym*
2:45-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Youth Class
6:30-9:30PM	Open Gym*

TUESDAY

4:30-3:00PM	Open Gym
3:00-4:45PM	MS/Fit-2-Go
4:45-6:30PM	Open Gym*
6:30-8:30PM	½ Open Gym ½ UB
8:30-9:30PM	Open Gym

WEDNESDAY

4:30-9:00AM	Open Gym
9:00-10:15AM	Fitness Class
10:15-11:30AM	Open Gym
11:30-2:00PM	Adult Basketball
2:00-2:45PM	Open Gym*
2:45-4:45PM	MS/Fit-2-Go
4:45-5:45PM	Open Gym*
5:45-6:30PM	Youth Class
6:30-9:30PM	Open Gym*

THURSDAY

4:30-3:00PM	Open Gym
3:00-4:45PM	MS/Fit-2-Go
5:00-6:30PM	Open Gym*
6:30-8:30PM	½ Open Gym ½ UB
8:30-9:30PM	Open Gym*

FRIDAY

4:30-7:00AM	Open Gym
7:00-9:00AM	Silver Bullets
9:00-11:45AM	Open Gym*
11:45-2:00PM	Pickleball
2:00-5:00PM	½ MS/Open Gym*
5:00-6:30PM	Open Gym*
6:30 – 9:30PM	Family/Youth Programs

SATURDAY

5:00-8:30AM	Open Gym
8:30-10:00AM	Youth Classes
10:00-12:00PM	½ Open Gym ½ Krav Maga
12:00-3:30PM	½ Birthday Parties ½ Open Gym*
3:30-5:00PM	Family Open Gym*

SUNDAY

7:00-9:00AM	Rental
9:00-12:00PM	Open Gym*
12:00-3:30PM	½ Birthday Party ½ Open Gym*
3:30-5:00PM	Family Open Gym*



The YMCA reserves the right to change this schedule,
without notice, as is necessary.

***NO FULL COURT GAMES**