



SUMTER FAMILY YMCA UPPER GYM

SEPTEMBER 2023

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am - 1:00 pm	Open Gym 5:30 am - 1:00 pm	Open Gym 5:30 am - 5:30 pm	Open Gym 6:30 am - 4:45 pm	Open Gym 1:00 - 4:45 pm
Pickleball 1:00 - 3:00 pm (WEDNESDAY)	Pickleball 1:00 - 3:00 pm			
Open Gym 3:00 - 8:45 pm	Open Gym 3:00 - 5:30 pm	Biddy Basketball 5:30 - 7:45 pm		
	Biddy Basketball 5:30 - 7:00 pm			
	Open Gym 7:00 - 8:45pm			

Times are subject to change based on program needs.
 General use of the area is permitted during down times.

Gym Hours: The upper and lower gym will close 15 mins prior to the building closing

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.