



# SUMTER FAMILY YMCA UPPER GYM

November 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 - 7:45 pm	Open Gym 6:30 am - 8:45 am	
Pickleball 1:00 pm - 3:00 pm	Pickleball 1:00 pm - 3:00 pm		Church League Basketball 9:00 am - 11:00 am	
Open Gym 3:00 pm - 8:45 pm	Open Gym 3:00 - 5:30 pm		Open Gym 11:00 am - 4:45pm	Open Gym 1:00 pm - 4:45 pm
	Church League Basketball 5:30 pm - 7:00 pm			
	Open Gym 7:00 pm - 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.