



SUMTER FAMILY YMCA LOWER GYM

July 29 - August 4, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness 5:45 am - 6:30 am	Functional Fitness (Thursday) 5:45 am - 6:30 am	Open Gym 5:30 am - 7:00 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 am - 9:00 pm	Open Gym 6:30 am - 9:00 pm			
Functional Fitness 9:15 am - 10:00 am	Functional Fitness 9:15 am - 10:00 am	Functional Fitness 9:15 am - 10:00 am		
Open Gym 10:00 am - 4:00 pm	Open Gym 10:00 am - 4:00 pm	Open Gym 10:00 am - 4:00 pm		
Afterschool 4:00 pm - 6:00 pm	Afterschool 4:00 pm - 6:00 pm	AfterSchool 4:00 pm - 5:15 pm		
Boot Camp 6:15 pm - 7:15 pm		Boot Camp 5:30 pm - 6:15 pm		
Open Gym 7:30 pm - 8:45 pm	Open Gym 6:00 pm - 8:45 pm	Open Gym 6:30 pm - 7:45 pm	Open Gym 1:00 pm - 4:45 pm	

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 gyms close 15 minutes prior to the building closing

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



SUMTER FAMILY YMCA UPPER GYM

July 29 - August 4, 2024

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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 - 4:45 pm	
Pickleball 1:00 pm - 3:00 pm *MONDAYS ARE TBD*	Pickleball 1:00 pm - 3:00 pm			Open Gym 1:00 pm - 4:45 pm
Open Gym 3:00 pm - 8:45 pm	Open Gym 3:00 pm - 8:45 pm			

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