



SUMTER FAMILY YMCA LOWER GYM

August 5 - 31, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness 1/2 court 5:45 am - 6:30 am	Open Gym 5:30 am - 1:00 pm	Open Gym 5:30 am - 9:00 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 5:30 am - 9:00 am		Functional Fitness 1/2 court 9:15 am - 10:00 am		
Functional Fitness 1/2 court 9:15 am - 10:00 am		Open Gym 10:00 am - 1:00 pm		
Open Gym 10:00 am - 1:00 pm	Pickleball 1/2 court 1:00 pm - 3:00 pm *MONDAYS ARE TBD*			
Pickleball 1/2 court 1:00 pm - 3:00 pm *MONDAYS ARE TBD*	Open Gym 3:00 pm - 4:00 pm			
Open Gym 3:00 pm - 4:00 pm	Afterschool 1/2 court 4:00 pm - 5:00 pm			
Afterschool 1/3 court 4:00 pm - 6:00 pm	Boot Camp 1/2 court 5:00 pm - 6:45 pm	Afterschool 1/2 court 4:00 pm - 5:15 pm	Times are subject to change based on program needs. General use of the area is permitted during down times.	
Boot Camp 1/2 court 6:00 pm - 7:30 pm	Open Gym 6:45 pm - 8:45 pm	Boot Camp 1/2 court 5:15 pm - 6:30 pm		
Open Gym 7:30 pm - 8:45 pm		Open Gym 6:30 pm - 7:45 pm		

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.