



SUMTER FAMILY YMCA LOWER GYM

January 2025

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 (Monday)	Functional Fitness 1/2 court 5:45 am - 6:30 am	Open Gym 5:30 am - 9:00 am	Open Gym 6:30 am - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
Open Gym 5:30 am - 9:00 am	Open Gym 5:30 am - 4:00 pm	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 - 4:00 pm	Open Gym 10:00 am - 4:00 pm	
Open Gym 10:00 am - 4:00 pm	Afterschool 1/2 court 4:00 pm - 5:30 pm		Afterschool 1/2 court 4:00 pm - 5:30 pm	
Afterschool 1/2 court 4:00 pm - 5:30 pm	Afterschool 1/2 court 4:00 pm - 5:30 pm	Boot Camp Full court 5:15 pm - 6:45 pm	<p>Times are subject to change based on program needs. General use of the area is permitted during down times.</p>	
Open Gym	Open Gym 5:00 pm - 8:45 pm	Open Gym 6:45 pm - 7:45 pm		
Boot Camp Full Court 6:15 pm - 7:45 pm				
Open Gym 7:45 pm - 8:45 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.



SUMTER FAMILY YMCA UPPER GYM

January 2025

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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 - 10:00 am	
Pickleball (Monday TBD) 1:00 pm - 3:00 pm	Pickleball 1:00 pm - 3:00 pm		Open Volleyball 1/2 court 10:00 am - 12:00 pm	
Open Gym 3:00 - 5:00 pm	Open Gym 3:00 - 5:00 pm		Open Gym 12:00 pm - 5:00 pm	
Church League Basketball Wednesdays only 5:15 pm - 8:00 pm	Church League Basketball 5:15 pm - 8:00 pm			
Open Gym 8:00 pm - 8:45pm	Open Gym 8:00 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 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.