



SUMTER FAMILY YMCA UPPER GYM

April 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 5:30 am - 9:00 am	Open Gym 5:30 am - 1:00 pm			
Functional Fitness 1/2 court 9:15 am - 10:00 am		Open Gym 10:00 am - 4:00 pm	Open Gym 6:30 am - 4:45 pm	
Open Gym				Open Gym 1:00 pm - 4:45 pm
Pickleball (Monday TBD) 1/2 court 1:00 pm - 3:00 pm	Pickleball 1/2 court 1:00 pm - 3:00 pm	Afterschool 1/2 court 4:00 pm - 5:30 pm		
Open Gym 3:00 - 5:00 pm	Open Gym 3:00 - 5:00 pm			
Afterschool 1/2 court 4:00 pm - 5:30 pm	Afterschool 1/2 court 4:00 pm - 5:30 pm	Boot Camp 1/2 court 5:15 pm - 6:45 pm	Open Gym 6:30 am - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
Open Gym 5:30 - 6:15 pm	Open Gym 5:30 - 8:45 pm	Open Gym 6:45 pm - 7:45 pm		
Boot Camp 1/2 Court 6:15 pm - 7:45 pm				
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.