



# SUMTER FAMILY YMCA LOWER GYM

## October

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday & Wednesday                               | Tuesday & Thursday                      | Friday                                   | Saturday   | Sunday |
|--|---|--|--|--------|
| Functional Fitness (Monday)<br>5:45 am - 6:30 am | Functional Fitness<br>5:45 am - 6:30 am | Open Gym<br>5:30 am - 9:00 am            | Open Gym<br>6:30 am - 9:00 am  |        |
| Open Gym<br>6:30 am - 9:15 am                    | Open Gym<br>6:30 am - 8:45 pm           | Functional Fitness<br>9:15 am - 10:00 am | Boys Fall League<br>9:00 am - 3:00 pm  |        |
| Functional Fitness<br>9:15 am - 10:00 am         |   | Open Gym<br>10:00 am - 5:15 pm           |  |        |
| Open Gym<br>10:00 am - 5:45 pm                   |   | Open Gym<br>3:00 pm - 4:45 pm            | Open Gym<br>1:00 pm - 4:45 pm  |        |
| HW&YC 1/2 court<br>5:45 - 6:45 pm                |   | Boot Camp<br>5:15 pm - 6:30 pm           |  |        |
| Boot Camp 1/2 court<br>6:15 - 7:45 pm            |   | Open Gym<br>6:30 pm -7:45 pm             | Times are subject to change based on program needs.<br>General use of the area is permitted during down times. |        |
| Open Gym<br>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

## October

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday & Wednesday   | Tuesday & Thursday   | Friday   | Saturday   | Sunday                        |
|--|--|--|--|-------------------------------|
| Open Gym<br>4:00 am - 1:00 pm                                    | Open Gym<br>4:00 am - 1:00 pm  | Open Gym<br>5:30 am - 3:30 pm                      | Open Gym<br>6:30 am - 4:45 pm  |                               |
| Pickleball<br>1:00 pm - 3:00 pm<br>(Mondays TBD)                 | Pickleball<br>1:00 pm - 3:00 pm  |  |  | Open Gym<br>1:00 pm - 4:45 pm |
| Youth Afterschool Programming<br>3:30 pm - 5:15 pm               | Youth Afterschool Programming<br>3:30 pm - 5:15 pm                                   | Youth Afterschool Programming<br>3:30 pm - 5:15 pm | <div>Times are subject to change based on program needs.<br/>General use of the area is permitted during down times.</div> |                               |
| Family Time 1/2 court<br>Open Gym 1/2 court<br>5:15 pm - 8:45 pm | Biddy Basketball<br>5:15 pm - 6:45 pm<br>Family Time / Open Gym<br>6:45 pm - 7:45 pm | Family Time / Open Gym<br>5:15 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.