



SUMTER FAMILY YMCA LOWER GYM

July 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday		Tuesday & Thursday		Friday		Saturday	Sunday
Functional Fitness (Monday) 5:45 am - 6:30 am		Functional Fitness 5:45 am - 6:30 am		Open Gym 5:30 am - 9:00 am		Open Gym 6:30 am - 4:45 pm	
Open Gym		Open Gym					
Net Sports CampGreen Court 8:00 am - 10:00 am		Net Sports Camp Green Court 8:00 am - 10:00 am		Net Sports Camp Green Court 8:00 am - 10:00 am			
Functional Fitness 9:15 am - 10:00 am	Net Sports Camp 8:00 am - 10:00 am			Functional Fitness 9:15 am - 10:00 am	Net Sports Camp 8:00 am - 10:00 am		
Pickleball Green Court 10:00 am - 12:00 pm		Pickleball Green Court 10:00 am - 12:00 pm		Open Gym 10:00 am - 5:15 pm			
Open Gym 12:00 pm - 1:00 pm		Open Gym 12:00 pm - 1:00 pm					
Pickleball Green & Yellow Courts 1:00 pm - 3:00 pm		Pickleball Green & Yellow Courts 1:00 pm - 3:00 pm					
Open Gym 3:00 pm - 6:15 pm		Open Gym 3:00 pm - 8:45 pm		Boot Camp 5:15 pm - 6:30 pm		Times are subject to change based on program needs.	
Boot Camp 6:15 pm - 7:45 pm				Open Gym 6:30 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

July 2025

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FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am - 7:00 am	Open Gym 5:30 am - 7:00 am	Open Gym 5:30 am - 7:00 am	Open Gym 6:30 am - 4:45 pm	
Youth Department 1/2 court 7:00 am - 12:00pm	Youth Department 1/2 court 7:00 am - 12:00 pm	Youth Department 1/2 court 7:00 am - 12:00 pm		
Open Gym 1:00 pm - 3:00 pm	Open Gym 1:00 pm - 3:00 pm	Open Gym 1:00 pm - 3:00 pm		Open Gym 1:00 pm - 4:45 pm
Summer Camp 1/2 court 3:00 pm - 6:00 pm	Summer Camp 1/2 court 3:00 pm - 6:00 pm	Summer Camp 1/2 court 3:00 pm - 6:00 pm		
Open Gym 6:00 pm- 8:45 pm	Open Gym 6:00 pm- 8:45 pm	Open Gym 6:00 pm - 7:45 pm	<div>Times are subject to change based on program needs.</div>	

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.