



SUMTER FAMILY YMCA LOWER GYM

September 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 - 9:00 am	
Open Gym 6:30 am - 9:15 am	Open Gym 6:30 am - 8:45 pm	Functional Fitness 9:15 am - 10:00 am	Boys Fall League 9:00 am - 3:00 pm	
Functional Fitness 9:15 am - 10:00 am		Open Gym 10:00 am - 5:15 pm		
Open Gym 10:00 am - 5:45 pm		Open Gym 10:00 am - 5:15 pm	Open Gym 3:00 pm - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
HW&YC 1/2 court 5:45 - 6:45 pm		Boot Camp 5:15 pm - 6:30 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 6:15 - 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

September

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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