



# SUMTER FAMILY YMCA LOWER GYM

## February

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 - 9:15 am		Functional Fitness 9:15 am - 10:00 am		
Functional Fitness 9:15 am - 10:00 am	Open Gym 6:30 am - 3:00 pm	Open Gym 10:00 am - 3:00 pm	Open Gym 6:30 am - 4:45 pm	
				Open Gym 1:00 pm - 4:45 pm
Youth Programming 3:00 pm - 5:30 pm	Youth Programming 3:00 pm - 5:30 pm	Youth Programming 3:00 pm - 5:15 pm		
HW&YC 1/2 court 5:45 - 6:45 pm		Boot Camp 5:15 pm - 6:30 pm		
Boot Camp 1/2 court 6:15 - 7:45 pm	Open Gym 6:00 pm - 8:45 pm	Open Gym 6:30 pm - 7:45 pm	Times are subject to change based on program needs. General use of the area is permitted during down times.	
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

## February

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			
Pickleball 1:00 pm - 3:00 pm (Mondays TBD)	Pickleball 1:00 pm - 3:00 pm	Open Gym 5:30 am - 5:30 pm	Open Gym 6:30 am - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
Open Gym 3:00 pm - 5:00 pm	P.E. for Youth & Teen 4:00 pm - 6:00 pm			
Family Time 1/2 court Church League 1/2 (Wed) 5:15 pm - 8:45 pm	Church League Basketball 5:15 pm - 7:15 pm	Family Time / Open Gym 5:30 pm - 7:45 pm	Times are subject to change based on program needs. General use of the area is permitted during down times.	
	Family Time / Open Gym 7:15 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.