SUMTER FAMILY YMCA LOWER GYM

November 2026

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 4:00 am - 9:00 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 am - 9:00 am	Open Gym 6:30 am - 9:30 am			
Functional Fitness 9:15 am - 10:00 am	Homeschool Coop 9:30 am - 12:00 pm	Functional Fitness 9:15 am - 10:00 am		
Open Gym 10:00 am - 3:00 pm		Open Gym 10:00 am - 1:00 pm		
		Enhance Fitness 1:00 pm - 2:30 pm		Adult Basketball 1:30 pm - 4:00 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		
Open Gym 5:30 pm - 6:15 pm		Boot Camp full gym 5:15 pm - 6:30 pm		
Boot Camp full gym 6:15 - 7:45 pm	Open Gym 6:00 pm - 8:45 pm	Open Gym 6:30 pm -7:45 pm		
Open Gym 7:45 pm - 8:45 pm				

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.

SUMTER FAMILY YMCA UPPER GYM

November 2026

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 4:00 am - 1:00 pm	Open Gym 4:00 am - 10:00 am	Open Gym 5:30 am - 5:30 pm	Open Gym 6:30 am - 10:00 pm	
	Homeschool Program 10:00 am - 12:00 pm		Full Court Pickleball 10:00 am - 12:00 pm	
Pickleball 1:00 pm - 3:00 pm	Pickleball 1:00 pm - 3:00 pm		Open Gym 12:00 pm - 4:45 pm	Open Gym 1:00 pm - 4:45 pm
Open Gym 3:00 pm - 5:15 pm	Open Gym 3:00 pm - 5:00 pm			
Family Time 1/2 court Open Gym 1/2 court 5:15 pm - 8:45 pm	Church League Basketball 5:30 pm - 7:30 pm	Family Time / Open Gym 5:30 pm - 7:45 pm		
	Family Time / Open Gym 6:30 pm - 8:45 pm			

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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.