



# SUMTER FAMILY YMCA LOWER GYM

## April 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 5:30 am - 9:00 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 am - 9:15 am	Open Gym 6:30 am - 3:00 pm			
Functional Fitness 9:15 am - 10:00 am		Functional Fitness 9:15 am - 10:00 am		
Open Gym 10:00 am - 3:00 pm		Open Gym 10:00 am - 3:00 pm		
Youth Programming 3:00 pm - 5:30 pm		Youth Programming 3:00 pm - 5:30 pm		
	Open Gym 6:00 pm - 8:45 pm	Boot Camp 5:15 pm - 6:30 pm		
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				

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

## April 2026

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 - 5:30 pm	Open Gym 6:30 am - 4:45 pm	
Pickleball 1:00 pm - 3:00 pm	Pickleball 1:00 pm - 3:00 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 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 5:30 pm - 7:45 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.