



SUMTER FAMILY YMCA LOWER GYM

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

June 2026

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 4:00 am - 9:00 am				
LIVESTRONG 1/2 gym Monday 9:00 am - 10:30 am				
Open Gym 10:30 am - 1:00 pm				
Pickleball 1:00 pm - 3:00 pm	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	Open Gym 3:00 pm - 5:00 pm			
Healthy Living 1/2 gym (Mon) 5:30 pm - 6:30 pm	Healthy Living 1/2 gym (Thur) 5:30 pm - 6:30 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.