



GYMNASIUM SCHEDULE

YMCA OF GREENWICH – FEBRUARY 2020

This schedule is subject to change without prior notice. | Last Updated: 1.31.2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5AM – 12PM	OPEN GYM 5am-6am	OPEN GYM 5AM – 9AM	OPEN GYM 5am-6am	OPEN GYM 5AM – 12PM	YMCA OPENS 6:30AM	YMCA OPENS 8AM
	BOOT CAMP 6:15AM – 7:15AM LaMont		BOOT CAMP 6:15AM – 7:15AM LaMont		BOOT CAMP 7AM – 8AM LaMont	
	TURBO SWEAT 8:15AM – 9:15AM Brandon		TURBO SWEAT 8:15AM – 9:15AM Brandon		OPEN GYM 8AM – 11AM	
	BOOT CAMP 9:30AM – 10:30AM Brian	BOOT CAMP 9:30AM – 10:30AM Brian	ADAPTIVE BASKETBALL 11AM – 1PM			
	OPEN GYM 10:45AM – 12PM	OPEN GYM 10:45AM – 12PM				
ADULT BASKETBALL 12PM – 2PM *18 and up	ADULT BASKETBALL 12PM – 2PM *18 and up	ADULT BASKETBALL 12PM – 2PM *18 and up	ADULT BASKETBALL 12PM – 2PM *18 and up	ADULT BASKETBALL 12PM – 2PM *18 and up	ADULT BASKETBALL 1PM – 3PM *18 and up	OPEN GYM 8AM – 4:45PM
OPEN GYM 2PM – 4PM	HS BASKETBALL 2PM – 3PM	OPEN GYM 2PM – 6PM	HS BASKETBALL 2PM – 3PM	OPEN GYM 2PM – 3:30PM	OPEN GYM 4PM – 6:45PM	YMCA CLOSES 5PM
	OPEN GYM 3:15PM – 4PM		OPEN GYM 3PM – 4PM	YOUTH SOCCER 3:30PM – 5:15PM		
Y WARRIORS 4:15PM – 6PM	LITTLE DRIBBLERS 4PM – 5PM		LITTLE DRIBBLERS 4PM – 5PM		BASEBALL SKILLS & DRILLS 5:30PM – 6:30PM	
OPEN GYM 6PM – 7PM	SOCCER SKILLS & DRILLS 5:30PM-6:30PM	HIP HOP 6 – 7PM Brandon	OPEN GYM 6:30PM-7PM	YMCA CLOSES 7PM		
ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up			

- = Half Court Closed Programs/Classes.
GS1 (Gym Side 1), GS2 (Gym Side 2)
- = Full Court Closed Private Rental
- = Adult Fitness Classes
- = Youth Sports Classes, registration required

BE ADVISED...

Availability is subject to change, with or without notice, based on program and facility needs. Please check in with the Front Desk for weekly updates.

Open Gym

Children under the age of 12 must be accompanied by an adult. YMCA private sports lessons may take place at this time.

Adult Basketball

Must be 18 and older to be in gymnasium.

High School Basketball

14 and older to be in the gymnasium. Participants must be Members and/ or Guests must sign in at the Front Desk.

Dry Land/ Gym Closures/ Youth Classes

Members are not permitted in gymnasium while classes and programs are in session. Youth classes require registration.