



Elmhurst YMCA

Gym Schedule

February 18 - April 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am		Fitness 5-6am	Adult Basketball 4:45-7:50am	Fitness 5-6am	Adult Basketball 4:45-11am	Fitness 5-6am		
5:30am		Adult Basketball 6:10-8:50am		Fitness 8-10:00am		Adult Basketball 6:10-8:50am		Adult Basketball 6:10-8:00am
6:00am								
6:30am		Open Gym 8-8:50am	Fitness 9-11am	Gym for Tots 11:05am - 12pm		Fitness 8:00am- 12:05pm		
7:00am								
7:30am		Fitness 9-9:55am	Sports 11:35am- 12:20pm	Open Gym 10:05am- 3:30pm		Open Gym 11:05-3:30pm		
8:00am								
8:30am	Open Gym 10:00am- 2:55pm	Open Gym 12:30-3:30pm	Open Gym 12-3:30pm	Open Gym 12:05-3:30pm				
9:00am								
9:30am	Gym for Tots 3-4pm	ASA/Sports Clinics 3:30-5:50pm	ASA/ Sports Clinics 3:30-6pm	ASA/Elite Training 3:30-6pm	ASA 3:30-6pm			
10:00am								
10:30am	Open Gym 4-4:50pm	Pickleball 5:55-7:55pm	Fitness 6-8pm	Fitness 6-8pm				
11:00am								
11:30am	Adult Basketball League 5:00-9:00pm	Open Gym 8-9:50pm	Open Gym 8:10-9:50pm	Open Gym 6:00-9:50pm	Open Gym 6:00-9:50pm			
12:00pm								
12:30pm								
1:00pm								
1:30pm								
2:00pm								
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8:00pm								
8:30pm								
9:00pm								
9:30pm								

*During open gym time the court may be divided by the curtain into 2 half courts.

*Youth age 7 and under must be under direct supervision of their parent/guardian.

*Youth 8-10 must be accompanied by a parent or caregiver 11+ years old. Designated caregiver must have valid membership.

*Youth 13-15 years old may attend group fitness classes, unless the class is specifically noted for 16+ years of age marked with an * on the fitness schedule.