



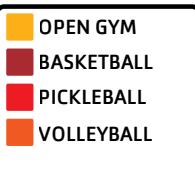
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective January 18, 2026

JOHN P. THAYER YMCA

GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5 AM - 9 AM OPEN GYM	5 AM - 9 AM OPEN GYM	5 AM - 9 AM OPEN GYM	5 AM - 9 AM OPEN GYM	5 AM - 9 AM OPEN GYM	9 AM - 1 PM PICKLEBALL
1 PM - 4:45 PM ADULT BASKETBALL	9 AM - 1 PM PICKLEBALL	9 AM - 1 PM PICKLEBALL	9 AM - 1PM ADULT BASKETBALL	9 AM - 1 PM PICKLEBALL	9 AM - 1 PM ADULT BASKETBALL	1 PM - 3:45 PM BASKETBALL OPEN GYM (ALL AGES)
	1 PM - 6 PM OPEN GYM	1 PM - 6 PM OPEN GYM	1 PM - 6 PM OPEN GYM	1 PM - 6 PM OPEN GYM	1 PM - 6 PM OPEN GYM	6 PM - 8:45 PM ADULT BASKETBALL
	6 PM - 8:45 PM ADULT BASKETBALL	6 PM - 8:45 PM VOLLEYBALL	6 PM - 8:45 PM PICKLEBALL	6 PM - 8:45 PM VOLLEYBALL	6 PM - 7:45 PM PICKLEBALL	



RESPECT THE RIGHTS OF OTHER GROUPS USING THE GYMNASIUM
NO FOOD OR OPEN DRINKS ALLOWED; DISCARD ALL TRASH INTO TRASH CANS
NO FOUL LANGUAGE WILL BE TOLERATED; NO HORSEPLAY OR FIGHTING
NO HARD BALLS ALLOWED; NO HANGING ON RIMS

YMCA STAFF RESERVE THE RIGHT TO REMOVE ANYONE WHO CHOOSES NOT TO COMPLY WITH THE POSTED YMCA RULES AND POLICIES.

THE YMCA RESERVES THE RIGHT TO MAKE CHANGES TO THE GYMNASIUM SCHEDULE AS DEEMED NECESSARY.

JOHN P. THAYER YMCA

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