



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective January 18, 2026

JOHN P. THAYER YMCA

GYM SCHEDULE

SUNDAY

1 PM – 4:45 PM
ADULT
BASKETBALL

MONDAY

5 AM – 9 AM
OPEN GYM

9 AM – 1 PM
PICKLEBALL

1 PM – 6 PM
OPEN GYM

6 PM – 8:45 PM
ADULT
BASKETBALL

TUESDAY

5 AM – 9 AM
OPEN GYM

9 AM – 1 PM
PICKLEBALL

1 PM – 6 PM
OPEN GYM

6 PM – 8:45 PM
VOLLEYBALL

WEDNESDAY

5 AM – 9 AM
OPEN GYM

9 AM – 1 PM
ADULT
BASKETBALL

1 PM – 6 PM
OPEN GYM

6 PM – 8:45 PM
PICKLEBALL

THURSDAY

5 AM – 9 AM
OPEN GYM

9 AM – 1 PM
PICKLEBALL

1 PM – 6 PM
OPEN GYM

6 PM – 8:45 PM
VOLLEYBALL

FRIDAY

5 AM – 9 AM
OPEN GYM

9 AM – 1 PM
ADULT
BASKETBALL

1 PM – 6 PM
OPEN GYM

6 PM – 7:45 PM
PICKLEBALL

SATURDAY

9 AM – 1 PM
PICKLEBALL

1 PM – 3:45 PM
BASKETBALL
OPEN GYM
(ALL AGES)

OPEN GYM
BASKETBALL
PICKLEBALL
VOLLEYBALL

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 HARD BALLS ALLOWED; NO HANGING ON RIMS

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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.