

Elmhurst YMCA Gym Schedule

February 21 – May 30

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ▪ Boot Camp 5-6:00am ▪ Open Gym 6-8am ▪ Fitness 8:15-11:00am ▪ Volleyball 11:00-11:55am (17yrs & over) (1/2 gym) ▪ Adult Basketball 12:05-1:30pm ▪ Open Gym 1:30-4:00pm ▪ After School 3:30-4:30pm (1/2 gym) ▪ Youth Fitness 4:00-5:00 pm (1/2 gym) *Open Gym 4:30-7:30pm (1/2 gym) ▪ Boxing 6:30 – 7:00pm (1/2 gym) * Modern Arnis 7:00-7:15pm (1/2 gym) * Open Gym 7:30-10:00pm (1/2 gym play) 	<ul style="list-style-type: none"> ▪ Open Gym 5-8:00am ▪ Fitness 8:00-11:00am ▪ Adult Basketball 11:00am-1:30pm ▪ Open Gym 1:40-3:30pm ▪ bball clinic 3:30-6:10 pm (Full gym) ▪ Open Gym 6:10-7:00pm (1/2 gym) * Zumba 7:00-8:30pm ▪Open Volleyball 8:00-10:00pm 17yrs & over) (1/2 gym) ▪ Open Gym 8:30-10:00pm (1/2 gym) 	<ul style="list-style-type: none"> ▪ Open Gym 5-9:00am ▪ Fitness 9:00-11:00am ▪Volleyball 11-11:55 am 17yrs & over) (1/2 gym) *Adult Basketball 12:05-1:30pm ▪ Open Gym 1:30-3:30pm 3-5 Basketball 3:30-4:00pm (1/2) ▪ Fitness 4:00-4:45 pm (1/2 gym) ▪ After School 3:30-4:30pm (1/2 gym) *Volleyball Clinic 5:00-6:00pm (1/2 gym) *T-Ball 6:00-7:00pm (1/2 gym) ▪ Open Gym 4:45-7:00 pm (1/2 gym) *Adult Basketball 7:00-10:00pm (FULL COURT) 	<ul style="list-style-type: none"> ▪ Open Gym 5-9:00am *Fitness 9:00-11:00am ▪ Adult Basketball 11:00am-1:30pm ▪ Open Gym 1:30-3:30pm ▪ Basketball Clinic 4:00-5:00pm (1/2) *Volleyball Clinic 5:00-6:00pm (1/2 gym) ▪ After School 3:30-4:00pm (1/2 gym) ▪ Fitness 6:00-8:00pm (1/2 gym) *Open Volleyball 8:00-10:00pm 17yrs & over) (1/2 gym) *Open Gym 8:00-10:00pm (1/2 gym) 	<ul style="list-style-type: none"> ▪ Boot Camp 5-6:00am *Open Gym 6:00-9:00am ▪ Fitness 9:00-10:00 (Full Gym) ▪ Fitness 10:00-10:55 (1/2 gym) ▪ Volleyball 11:00-11:55am 17yrs & over) (1/2 gym) ▪ Adult Basketball 12:05-1:30pm ▪ Open Gym 1:30-6:00pm (1/2 gym) ▪ After School 3:30-4:30pm (1/2 gym) ▪ Family Gym 6:00-7:30pm *Teen Gym 7:30-10:00pm
Saturday <ul style="list-style-type: none"> ▪ Open Gym- 6-8:00am ▪ Family Gym-10:00-Noon <p><u>Gym Exception Dates and Times for 1/2 gym for YBL:</u> Mondays -1/25,2/22,3/8 5:30-6:30pm 2/8 5:30-7:30 Thursdays - 1/28, 2/11,2/18, 5-6pm</p>		Sunday <ul style="list-style-type: none"> ▪ Open Gym- 8-9am ▪ Open Gym- 10-3pm(1/2gym) ▪ Special Needs League 1-3pm (1/2 gym) ▪ Teen Strength 2-2:45pm(1/2 gym) ▪ Basketball Leagues 3-6pm 		

Schedule is subject to change at any time. Changes will be posted at the front desk and on gym doors.



We build strong kids, strong families, strong communities.

Elmhurst YMCA Gym Schedule

February 21 – May 30

Fridays – 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12 5:30-7:30pm	

Schedule is subject to change at any time. Changes will be posted at the front desk and on gym doors.



We build strong kids, strong families, strong communities.