



New Hope YMCA

GYM SCHEDULE

September 9th - October 16th

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym		
5:00	Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		CLOSED		CLOSED			
5:30																
6:00																
6:30																
7:00	Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am			Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am			Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am	7:00am-12:00pm Drop-in Open Gym		7:00am-12:00pm Church			
7:30																
8:00																
8:30																
9:00																
9:30																
10:00																
10:30	Drop-in Pickleball 10:00am-12:00pm		Drop-in Open Gym 6:30am-5:00pm		Drop-in Pickleball 10:00am-12:00pm		Drop-in Open Gym 6:30am-5:00pm		Drop-in Pickleball 10:00am-12:00pm		Drop-in Pickleball 12:00pm-2:00pm		12:00pm-2:30pm Drop-In Open Gym			
11:00																
11:30																
12:00	Drop-in Open Gym 12:00pm-5:00pm	Childcare Programs 12:00pm-5:00pm			Drop-in Open Gym 12:00pm-5:00pm	Childcare Programs 12:00pm-5:00pm			Drop-in Open Gym 12:00pm-5:00pm	Childcare Programs 12:00pm-5:00pm						
1:00																
1:30																
2:00																
2:30																
3:00																
3:30											2:30pm-4:30pm Family Gym		2:30pm-4:30pm Family Gym			
4:00																
4:30																
5:00											4:30pm-5:00pm Closed		4:30pm-5:00pm Closed			
5:30	Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		Youth Sports 5:00pm-7:00pm		Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		CLOSED		CLOSED	
6:00																
6:30																
7:00																
7:30					Drop-in Open Gym 7:00pm-8:30pm											
8:00																
8:30																
9:00	8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed							

Last Updated: 9/1/2024