


APRIL GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a-9:00a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-9:00a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-9:00a OPEN GYM	7:00a-8:30a OPEN GYM	7:00a-9:00a OPEN GYM
9:00a-10:30a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS	9:00a-10:30a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS	9:00a-10:30a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	8:30a-10:15a AMAZING KICKERS SOCCER FREE CLINIC 4/5	9:00a-11:00a GREENWICH STARS
10:30a-11:50a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	7:30a-8:30a PICKLEBALL CLINIC BEGINNER 4/1, 8 & 15 INTERMED. 4/22 & 29	10:30a-11:50a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	7:15a-9:30a OPEN GYM	10:30a-11:50a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	10:30a-12:00p FAMILY FUN & FITNESS APRIL 5 & 19 ONLY	11:15a-1:15p PICKLEBALL PLAY (SIGN UP REQUIRED)
12:00p-2:00p ADULT LUNCH BASKETBALL	8:45a-9:30a ULTIMATE CARDIO KICK CLASS	12:00p-2:00p ADULT LUNCH BASKETBALL	9:30a-10:30a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	12:00p-2:00p ADULT LUNCH BASKETBALL	12:00p-2:30p OPEN BASKETBALL WORKOUTS (1/2 GYM)	1:30p-4:45p OPEN GYM
2:00p-3:00p OPEN GYM	9:30a-12:00p OPEN GYM	2:00p-3:00p OPEN GYM	10:30a-11:50a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	2:00p-3:00p OPEN GYM	2:30p-4:45p PICKLEBALL PLAY (NOT ON APRIL 5)	4:45P CLOSED
3:00p-4:30p TEEN OPEN GYM	12:00p-2:00p ADULT LUNCH BASKETBALL	3:00p-4:45p TEEN OPEN GYM	12:00p-2:00p ADULT LUNCH BASKETBALL	3:00p-4:45p TEEN OPEN GYM	4:45p CLOSED	
4:30p-5:30p AMAZING KICKERS SOCCER (10+)	2:00p-3:00p OPEN GYM	5:00p-7:30p GREENWICH STARS	2:00p-3:00p OPEN GYM	5:00p-7:00p MS/HS BASKETBALL OPEN RUNS		
5:45p-6:45p BASKETBALL CONDITIONING	3:00p-4:30p AFTER SCHOOL GYM TIME (1/2 GYM 4:00-4:30)	7:45p-8:45p OPEN GYM	3:00p-4:30p AFTER SCHOOL GYM TIME (1/2 GYM 4:00-4:30)	7:15p-8:45p OPEN GYM		
7:00p-8:15p GREENWICH STARS	4:00p-5:15p TEEN OPEN GYM	8:45p CLOSED	4:00p-5:15p TEEN OPEN GYM	8:45p CLOSED		
8:15p-8:45p OPEN GYM	5:30p-7:00p OPEN VOLLEYBALL		5:30p-7:00p MS/HS BASKETBALL OPEN RUNS			
8:45p CLOSED	7:00p-8:45p OPEN GYM		7:00p-8:45p OPEN GYM			
	8:45P CLOSED		8:45P CLOSED			

3/31/2025

NOTES & SCHEDULE CHANGES:

Pickleballs & paddles are to be provided by players. Registration is required.

GROUP "A": Beginners to Intermediates. Group "B": High Intermediates to Advanced.

Maximum enrollment 16 per session. Only one session per day per player.

Pickleball CLINICS: These clinics are free to Greenwich YMCA members, non-members \$15.00

Sign up is required. **Beginners** Clinics 4/1, 8 & 15. **Intermediate** Clinics 4/22 & 29.

Gym will be closed for a special event on the following day: SUN. APRIL 6th 12:00-1:00

**ON THE FOLLOWING TUESDAYS THE GYM WILL BE CLOSED FROM 9:30-1:00 FOR
SAFETY AROUND WATER CLASSES: APRIL 1, 22 & 29.**

"ADULT LUNCH BASKETBALL" WILL BE PUSHED BACK TO 1:00-2:45 ON THESE DAYS.