



DECEMBER GYM SCHEDULE



PLEASE READ NOTES BELOW FOR VARIATIONS TO THIS 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-9:15a OPEN GYM	7:00a-9:00a OPEN GYM
9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS 7:30a-8:30a PICKLEBALL CLINIC BEGINNER 12/2 & 9 INTERMED. 12/16 & 12/23	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS 7:15a-9:15a OPEN GYM	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	9:30a-10:30a AMAZING KICKERS SOCCER 10:45a-12:45p PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	9:15a-11:15a PICKLEBALL PLAY ALL LEVELS (NO 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-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	12:00p-2:00p ADULT LUNCH BASKETBALL		11:30a-4:45p OPEN GYM
2:00p-6:45p OPEN GYM BASKETBALL	9:30a-12:00p OPEN GYM	2:00p-4:45p OPEN GYM BASKETBALL		2:00p-5:30p OPEN GYM BASKETBALL	1:00p-4:45p OPEN GYM	4:45P CLOSED
7:00p-8:15p GREENWICH STARS	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p GREENWICH STARS YMCA CLINIC	12:00p-2:00p ADULT LUNCH BASKETBALL	6:00p-7:00p ADAPTIVE SPORTS	4:45P CLOSED	
8:15p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	7:45p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	7:15p-8:45p OPEN GYM		
8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	8:45P CLOSED	BOXES HIGHLIGHTED IN YELLOW ARE PROGRAMS FOR SCHOOL AGED KIDS  11/17/2025	
	5:30p-6:30p OPEN VOLLEYBALL		5:15p-6:15p LITTLE OLYMPIANS AGES 5-7 & 8-11			
	6:45p-8:45p OPEN GYM		6:30p-7:30p TEEN BASKETBALL TRAINING			
	8:45P CLOSED		7:45p-8:45p OPEN GYM			
			8:45P CLOSED			

VARIATIONS TO THE DECEMBER SCHEDULE:

Pickleball CLINICS: These clinics are free to Greenwich YMCA members, \$20 for non-members. Registration is required. **Beginners** Clinics 12/2 & 12/9. **Intermediate** Clinics 12/16 & 12/23.

Gym is closed on Friday 12/19 from 4:30PM -5:30PM For Fitness Made Fun Party!

Our facility is closed on 12/25 & there will be limited hours & classes on 12/24, 12/31 & New Years Day. Special holiday schedule to be posted by 12/15.

Gym is closed for Safety Around Water from 9AM -1PM on the following Tuesdays: 12/9 & 12/16