



# JANUARY

## 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	6:00a-7:00a OPEN GYM	7:00a-9:00a OPEN GYM
9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	6:15a-7:15a BOOTCAMP CLASS	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	6:15a-7:15a BOOTCAMP CLASS	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	7:00a-8:00a BOOTCAMP CLASS	9:15a-11:15a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>
	7:30a-8:30a PICKLEBALL CLINIC BEGINNER 1/6 & 1/13 INTERMED. 1/20 & 27		7:15a-9:15a OPEN GYM		8:00a-9:15a OPEN GYM	
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 <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	12:00p-2:00p ADULT LUNCH BASKETBALL	9:30a-10:30a AMAZING KICKERS SOCCER	11:30a-2:30p OR 11:30-4:45p OPEN GYM**
2:00p-4:45p OPEN GYM BASKETBALL	9:30a-12:00p OPEN GYM	2:00p-4:45p OPEN GYM BASKETBALL		2:00p-5:30p OPEN GYM BASKETBALL	10:45a-12:45p PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	**NOTE: on 1/11 & 1/25 the gym closes at 2:30
5:00p-6:00p ADAPTIVE SPORTS	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p GREENWICH STARS YMCA CLINIC	12:00p-2:00p ADULT LUNCH BASKETBALL	5:30p-9:45p OPEN GYM	4:45P CLOSED	
6:00p-6:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	7:45p-9:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	9:45P CLOSED	1:00p-5:45p OPEN GYM	
7:00p-8:15p GREENWICH STARS	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	9:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME		5:45P CLOSED	
8:30p-9:45p OPEN GYM	5:30p-6:30p OPEN VOLLEYBALL		5:15p-6:15p LITTLE OLYMPIANS AGES 5-7 & 8-11			the YMCA 12/16/2025
9:45P CLOSED	6:45p-9:45p OPEN GYM		6:30p-7:30p BASKETBALL TRAINING W/ DINERO			
	9:45P CLOSED		7:45p-9:45p OPEN GYM			
			9:45P CLOSED			<b>BOXES HIGHLIGHTED IN YELLOW ARE PROGRAMS FOR SCHOOL AGED YOUTH</b>

### VARIATIONS TO THE JANUARY SCHEDULE:

**Pickleball Clinics:** These clinics are free to Greenwich YMCA members, *non-members \$20.00*  
Registration is required. **Beginner Clinics:** 1/6 & 1/13. **Intermediate Clinics:** 1/20 & 1/27.

**On Friday, 1/9, the gym will be closed from 4:30PM – 5:30PM for a Fitness Made Fun Inclusive Dance Party!**

On Saturday, January 10th, the gym will be closed from 10:30 **am** -3:00 **pm**

On Sunday January 11 and January 22, the gym will close at **2:30 pm**.

The gym will be closed for Safety Around Water classes from  
9:00-1:00 on the following Tuesdays: 1/6, 1/13, & 1/27