


# JUNE 23 - JULY 31 GYM SCHEDULE

**PLEASE READ NOTES BELOW FOR ALTERATIONS TO THIS SCHEDULE!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a-6:45a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-7:00a OPEN GYM	5:00a-6:15a OPEN GYM	5:00a-7:00a OPEN GYM	7:00a-8:30a OPEN GYM	7:00a-1:00p OPEN GYM
7:00a-8:15a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP LAMONT ROLLINS	7:15a-8:30a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP LAMONT ROLLINS	7:00a-9:00a PICKLEBALL PLAY (SIGN UP REQUIRED)	8:30a-10:15a PICKLEBALL PLAY (SIGN UP REQUIRED)	1:00p-2:45p PICKLEBALL PLAY (SIGN UP REQUIRED)
8:15a-9:45a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	7:30a-8:30a PICKLEBALL CLINIC <b>SEE BELOW</b>	8:30a-9:45a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	7:30a-9:00a GROUP "A" PICKLEBALL PLAY (SIGN UP REQUIRED)	9:10a-10:00a WARRIOR TRAINING JODI DECENZA	10:30a-11:30a ***AMAZING KICKERS SOCCER***	3:00p-4:45p OPEN GYM
10:00a-10:50 OSTEOPOROSIS WENDY ROSA	8:45a-9:30a ULTIMATE CARDIO KICK CLASS BRANDON MUBUKE	10:00a-11:00a FIT 4 LIFE FRANCESCA CONWAY	9:00a-10:30a GROUP "B" PICKLEBALL PLAY (SIGN UP REQUIRED)	10:15a-11:15a FIT 4 LIFE DAVE GRAVES	11:30a-4:45p OPEN GYM	4:45P CLOSED
11:00a-11:50a FIT 4 LIFE DAVE GRAVES	10:00a-11:00a FIT 4 LIFE DAVE GRAVES	11:15a-12:00P OPEN GYM	10:45a-11:45a L1 FIT 4 LIFE DAVE GRAVES	11:30a-12:00p OPEN GYM	4:45p CLOSED	
12:00p-1:45p ADULT LUNCH BASKETBALL	11:15a-12:00p OPEN GYM	12:00p-1:45p ADULT LUNCH BASKETBALL	12:00p-1:45p ADULT LUNCH BASKETBALL	12:00p-1:45p ADULT LUNCH BASKETBALL		
1:45p-3:45p CAMP	12:00p-1:45p ADULT LUNCH BASKETBALL	1:45p-3:45p CAMP	2:00p-3:00p TEEN OPEN GYM	1:45p-3:45p CAMP		
3:45p-8:45p OPEN GYM	2:00p-3:00p TEEN OPEN GYM	3:45p-8:45p OPEN GYM	3:00p-3:45p CAMP	3:45p-8:45p OPEN GYM		
	3:00p-3:45p CAMP		3:45p-8:45p OPEN GYM			
	5:30p-7:00p OPEN VOLLEYBALL					
	7:00p-8:45p OPEN GYM					
8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED	8:45p CLOSED		

6/22/2025

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## 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 7/1, 7/8, 7/15. **Intermediate** Clinics 6/24, 7/22, 7/29.

\*\*\* AMAZING KICKERS SOCCER RUNS FROM JULY 12 - AUGUST 16 \*\*\*

Gym will be closed for a special event on August 1st from 8:30am - 12:00pm