


# UPDATED MAY GYM SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|---|---|---|---|---|---|
| 5:00a-9:00a<br>OPEN GYM   | 5:00a-6:15a<br>OPEN GYM   | 5:00a-9:00a<br>OPEN GYM   | 5:00a-6:15a<br>OPEN GYM   | 5:00a-9:00a<br>OPEN GYM   | 7:00a-9:00a<br>OPEN GYM   | 7:00a-9:00a<br>OPEN GYM                               |
| 9:00a-10:30a<br>GROUP "A"<br>PICKLEBALL PLAY<br>(SIGN UP REQUIRED)  | 6:15a-7:15a<br>BOOTCAMP CLASS   | 9:00a-10:30a<br>GROUP "B" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED)  | 6:15a-7:15a<br>BOOTCAMP CLASS                                       | 9:00a-10:30a<br>GROUP "B" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED)  | 9:00a-11:00a<br>PICKLEBALL PLAY<br>(SIGN UP REQUIRED)                                 | 9:00a-11:00a<br>GREENWICH STARS                       |
| 10:30a-11:50a<br>GROUP "B" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED) | 7:30a-8:30a<br>PICKLEBALL CLINIC<br>BEGINNER 5/6 & 13<br>INTERMED. 5/2 & 27 | 10:30a-11:50a<br>GROUP "A" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED) | 7:15a-9:30a<br>OPEN GYM   | 10:30a-11:50a<br>GROUP "A" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED) | 11:00a-12:00p<br>OPEN GYM   | 11:15a-1:15p<br>PICKLEBALL PLAY<br>(SIGN UP REQUIRED) |
| 12:00p-2:00p<br>ADULT LUNCH<br>BASKETBALL                           | 8:45a-9:30a<br>ULTIMATE CARDIO KICK<br>CLASS                                | 12:00p-2:00p<br>ADULT LUNCH<br>BASKETBALL                           | 9:30a-10:30a<br>GROUP "A" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED)  | 12:00p-2:00p<br>ADULT LUNCH<br>BASKETBALL                           | 12:00p-2:30p<br>OPEN BASKETBALL<br>WORKOUTS   | 1:30p-4:45p<br>OPEN GYM                               |
| 2:00p-3:00p<br>OPEN GYM   | 9:30a-12:00p<br>OPEN GYM  | 2:00p-3:30p<br>OPEN GYM   | 10:30a-11:50a<br>GROUP "B" PICKLEBALL<br>PLAY<br>(SIGN UP REQUIRED) | 2:00p-3:00p<br>OPEN GYM   | 2:30p-4:45p<br>OPEN GYM   | 4:45P<br>CLOSED                                       |
| 3:00p-5:30p<br>TEEN OPEN GYM  | 12:00p-2:00p<br>ADULT LUNCH<br>BASKETBALL                                   | 3:30p-4:45p<br>TEEN OPEN GYM  | 12:00p-2:00p<br>ADULT LUNCH<br>BASKETBALL                           | 3:00p-5:00p<br>TEEN OPEN GYM**                                      | 4:45p<br>CLOSED   |   |
| 5:30p-6:45p<br>OPEN GYM   | 2:00p-3:00p<br>OPEN GYM   | 5:00p-7:30p<br>GREENWICH STARS                                      | 2:00p-3:00p<br>OPEN GYM   | 5:00p-8:45p<br>OPEN GYM   |   |   |
| 7:00p-8:15p<br>GREENWICH STARS                                      | 3:30p-4:30p<br>AFTER SCHOOL<br>PROGRAM<br>GYM TIME                          | 7:45p-8:45p<br>OPEN GYM   | 3:30p-4:30p<br>AFTER SCHOOL<br>PROGRAM<br>GYM TIME                  | 8:45p<br>CLOSED   |   |   |
| 8:15p-8:45p<br>OPEN GYM   | 4:30p-5:30p<br>TEEN OPEN GYM  | 8:45p<br>CLOSED   | 4:30p-5:30p<br>TEEN OPEN GYM  |   |  |   |
| 8:45p<br>CLOSED   | 5:30p-7:00p<br>OPEN VOLLEYBALL  |   | 5:30p-8:45p<br>OPEN GYM   |   |   |   |
|   | 7:00p-8:45p<br>OPEN GYM   |   | 8:45P<br>CLOSED   |   |   |   |
|   | 8:45P<br>CLOSED   |   |   |   |   |   |

5/22/2025

## 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 5/6 & 5/13. **Intermediate** Clinics 5/20 & 5/27.