

# MAY 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 <b>BOOTCAMP CLASS</b>	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	6:15a-7:15a <b>BOOTCAMP CLASS</b>	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	7:00a-8:00a <b>BOOTCAMP CLASS</b>	9:15a-11:15a*** PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>
	7:30a-8:30a PICKLEBALL CLINIC <b>BEGINNER 4/7 &amp; 4/14 INTERMED. 4/21 &amp; 4/28</b>		7:15a-9:15a OPEN GYM		8:00a-9:15a OPEN GYM	
12:00p-2:00p ADULT LUNCH BASKETBALL	8:45a-9:30a <b>ULTIMATE CARDIO KICK CLASS</b>	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 <b>AMAZING KICKERS SOCCER</b>	11:30a -4:45p OPEN GYM
2:00p-4:45p OPEN GYM BASKETBALL	9:30a-12:00p OPEN GYM	2:00p-4:45p OPEN GYM BASKETBALL	12:00p-2:00p ADULT LUNCH BASKETBALL	2:00p-5:30p OPEN GYM BASKETBALL	10:45a-12:45p*** PICKLEBALL PLAY <b>ALL LEVELS (NO SIGN UP REQUIRED)</b>	4:45P CLOSED
5:00p-6:45p OPEN GYM	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p <b>GREENWICH STARS YMCA CLINIC</b>		5:30p-9:45p OPEN GYM		1:00p-5:45p OPEN GYM
7:00p-8:15p <b>GREENWICH STARS</b>	2:00p-3:45p OPEN GYM BASKETBALL	<b>NOTE: GREENWICH STARS WILL NOT BE HERE ON 4/1</b>	2:00p-3:45p OPEN GYM BASKETBALL	9:45P CLOSED		
8:30p-9:45p OPEN GYM	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	7:45p-9:45p OPEN GYM	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME			
9:45P CLOSED	5:30p-6:30p OPEN VOLLEYBALL	9:45P CLOSED	5:15p-6:15p LITTLE OLYMPIANS AGES 5-7 & 8-11			
	6:45p-7:45p OPEN GYM		6:30p-7:30p PRIVATE DRYLAND WORKOUT (half court)			
	7:45p-9:45p PICKLEBALL PLAY		7:45p-9:45p OPEN GYM			
	9:45P CLOSED		9:45P CLOSED			

4/29/2026

**BOXES HIGHLIGHTED IN YELLOW  
ARE PROGRAMS FOR SCHOOL  
AGED KIDS**

## VARIATIONS TO THE MAY SCHEDULE:

**Pickleball CLINICS:** These clinics are free to Greenwich YMCA members, *\$20 for non-members*  
Registration is required. Beginners Clinics: 5/5 & 5/12. Intermediate Clinics: 5/19 & 5/26

**NEW: SEMI-PRIVATE PICKLEBALL CLINIC MAY 5TH & 12TH FROM 8:00 - 9:00pm (total 2 hours).** Registration  
Required. Max 4 people. *\$60 fee for members, \$100 fee for non-members.*

The gym will be closed on Sat. 5/2 & Sun 5/3 from: 12:00-5:00 pm.

The facility will be closed on Memorial Day (Mon, May 25)

The gym will be closed for Safety Around Water classes from 9:00-  
1:00 on the following Tuesdays: May 5th & May 12th.