

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 ALL LEVELS (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	7:00a-8:00a BOOTCAMP CLASS	9:15a-11:15a*** PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)
	7:30a-8:30a PICKLEBALL CLINIC BEGINNER 5/5 & 5/12 INTERMED 5/19 & 5/26		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 ALL LEVELS (NO SIGN UP REQUIRED)	12:00p-2:00p ADULT LUNCH BASKETBALL	9:30a-10:30a AMAZING KICKERS SOCCER	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 ALL LEVELS (NO SIGN UP REQUIRED)	4:45P CLOSED
5:00p-6:45p OPEN GYM	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p GREENWICH STARS YMCA CLINIC		5:30p-9:45p OPEN GYM		1:00p-5:45p OPEN GYM
7:00p-8:15p GREENWICH STARS	2:00p-3:45p OPEN GYM BASKETBALL	7:45p-9:45p OPEN GYM	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	9:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME		5:45P CLOSED	
9:45P CLOSED	5:30p-6:30p OPEN VOLLEYBALL		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			



5/4/2026

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, *non-members \$20.00*
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.

FULL FACILITY CLOSURE: MON, MAY 25

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