


OCTOBER

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	7:00a-9:15a 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 7:30a-8:30a PICKLEBALL CLINIC BEGINNER 9/9 & 16 INTERMED. 9/23 & 30	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	6:15a-7:15a BOOTCAMP CLASS 7:15a-9:15a OPEN GYM	9:00a-11:45a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	9:30a-10:30a AMAZING KICKERS SOCCER 10:45a-12:45p PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)	915a-11:15a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)
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		11:30a-4:45p OPEN GYM
2:00p-6:45p OPEN GYM BASKETBALL	9:30a-12:00p OPEN GYM	2:00p-4:45p OPEN GYM BASKETBALL		2:00p-5:30p OPEN GYM BASKETBALL	1:00p-4:45p OPEN GYM	4:45P CLOSED
7:00p-8:15p GREENWICH STARS	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p GREENWICH STARS YMCA CLINIC	12:00p-2:00p ADULT LUNCH BASKETBALL	6:00p-7:00p ADAPTIVE VOLLEYBALL	4:45P CLOSED	
8:15p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	7:45p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	7:15p-8:45p OPEN GYM		
8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	8:45P CLOSED	<div>BOXES HIGHLIGHTED IN YELLOW ARE PROGRAMS FOR SCHOOL AGED KIDS</div> 	
	5:30p-6:30p OPEN VOLLEYBALL		5:15p-6:15p LITTLE OLYMPIANS AGES 5-7 & 8-11			
	6:45p-8:45p OPEN GYM		6:30p-7:30p BASKETBALL TRAINING W/ DINERO			
	8:45P CLOSED		7:45p-8:45p OPEN GYM			
			8:45P CLOSED			

9/25/2025

VARIATIONS TO THE OCTOBER SCHEDULE:

Pickleball CLINICS: These clinics are free to Greenwich YMCA members, non-members \$20.00
Registration is required. **Beginners** Clinics 10/7 & 10/14. **Intermediate** Clinics 10/21 & 10/28.

GYM IS CLOSED FRIDAY 10/10 FROM 4:30-5:30 pm FOR FITNESS MADE FUN!

**GYM IS CLOSED SUNDAY 10/25 FROM 11:00a-4:00p FOR
HALLOWEEN FUN DAY!!!!!!**