


# SEPTEMBER 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 <b>ALL LEVELS</b> (NO SIGN UP REQUIRED)	6:15a-7:15a <b>BOOTCAMP CLASS</b>  7:30a-8:30a PICKLEBALL CLINIC <b>BEGINNER 9/5 &amp; 12</b> <b>INTERMED. 9/19 &amp; 26</b>	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS</b> (NO SIGN UP REQUIRED)	6:15a-7:15a <b>BOOTCAMP CLASS</b>  7:15a-9:15a OPEN GYM	9:00a-11:45a PICKLEBALL PLAY <b>ALL LEVELS</b> (NO SIGN UP REQUIRED)	9:30a-10:30a <b>AMAZING KICKERS</b> <b>SOCCER</b>  10:45a-12:45p PICKLEBALL PLAY <b>ALL LEVELS</b> (NO SIGN UP REQUIRED)	9:15a-11:15a PICKLEBALL PLAY <b>ALL LEVELS</b> (NO SIGN UP REQUIRED)
12:00p-2:00p ADULT LUNCH BASKETBALL	8:45a-9:30a <b>ULTIMATE CARDIO KICK</b> <b>CLASS</b>	12:00p-2:00p ADULT LUNCH BASKETBALL	9:30a-11:45a PICKLEBALL PLAY <b>ALL LEVELS</b> (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 <b>GREENWICH STARS</b>	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-7:30p <b>GREENWICH STARS</b> <b>YMCA CLINIC</b>	12:00p-2:00p ADULT LUNCH BASKETBALL	6:00p-7:00p <b>ADAPTIVE VOLLEYBALL</b>	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	<b>BOXES HIGHLIGHTED IN YELLOW ARE PROGRAMS FOR SCHOOL AGED KIDS</b>  	
	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			

8/26/2025

## VARIATIONS TO THE SEPTEMBER SCHEDULE:

**Pickleballs & paddles are to be provided by players.**

**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  
Registration is required. **Beginners** Clinics 9/5 & 9/12. **Intermediate** Clinics 9/19 & 9/26.

**GYM IS CLOSED FRIDAY 9/12 FROM 6:45 pm - 8:45 FOR A HOEDOWN**

**GYM IS CLOSED FRIDAY 9/19 FROM 8:30-11:30a FOR PICKLEBALL TOURNEY**

**GYM IS CLOSED FRIDAY 9/19 FROM 4:30-5:30 pm FOR FITNESS MADE FUN!**

**GYM IS CLOSED FRIDAY 9/19 FROM 7:30-8:30 pm FOR CLUB CARDIO W/ DJ!**

**GYM IS CLOSED SUNDAY 9/28 FROM 10:30a-4:00p FOR OUR OPEN HOUSE**