

GYM SCHEDULE

SEPTEMBER 2026 (BEGINS AUG 31)

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-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	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)	9:30a-10:30a T-BALL	9:15a-11:15a PICKLEBALL PLAY ALL LEVELS (NO SIGN UP REQUIRED)
	7:30a-8:30a PICKLEBALL CLINIC BEGINNER 9/1, 8 & 15 INTERMED 9/22 & 9/29		7:15a-9:15a OPEN GYM		10:45a-12:45p 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	1:00p-5:45p OPEN GYM	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		2:00p-5:30p OPEN GYM BASKETBALL		4:45P CLOSED
5:00p-8:00p GREENWICH STARS, CLINICS & TRAVEL TEAM	12:00p-2:00p ADULT LUNCH BASKETBALL	5:00p-8:00p GREENWICH STARS, CLINICS & TRAVEL TEAM	12:00p-2:00p ADULT LUNCH BASKETBALL	5:30p-8:45p OPEN GYM	5:45P CLOSED	
8:15p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	8:15p-8:45p OPEN GYM	2:00p-3:45p OPEN GYM BASKETBALL	8:45P CLOSED		
8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME	8:45P CLOSED	4:00p-5:00p AFTER SCHOOL PROGRAM GYM TIME			
	5:15p-5:45p OPEN GYM		5:15p-6:15p LITTLE OLYMPIANS AGES 5-7 & 8-11			
	5:45p-7:30p DRYLAND 1/2 COURT		6:30p-7:30p TEEN BASKETBALL SKILLS CLINIC			
	5:45p-7:30p OPEN GYM 1/2 COURT		7:45p-8:45p OPEN GYM			
	7:15p-8:45p PICKLEBALL PLAY		8:45P CLOSED			8/26/2026
	8:45P CLOSED				BOXES HIGHLIGHTED IN YELLOW ARE PROGRAMS FOR SCHOOL AGED KIDS	

VARIATIONS TO THE SCHEDULE:

Pickleball CLINICS: These clinics are free to Greenwich YMCA members, *non-members \$20.00*
Registration is required. **Beginners** Clinics: 9/1, 9/8 & 9/15. **Intermediate** Clinics: 9/22 & 9/29.

The gym will be closed on Sunday 9/6 from 10:00 AM - 12:00 PM.

The gym will be closed on Friday 9/25 from 4:30 PM -8:30 PM. **Come join us!**
4:30 PM - 5:30 PM: Fitness Made Fun Dance Party; 6:30 PM - 8:30 PM: Professional Line Dancing Party!