



Dallas County YMCA GYM SCHEDULE

Effective Dates
April 1st-30th



| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Sunday |
|---------|----------------|---------------------------------------|----------------|-----------------|----------------|---------------|------------|
| 5:30-6a | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Closed | closed |
| 6-7a | | | | | | | |
| 7-8a | | | | | | | |
| 8-9a | | | | | | Open Gym | |
| 9-10a | Healthy Hustle | | Healthy Hustle | | Healthy Hustle | | |
| 10-11a | Pickleball | | Pickleball | | Pickleball | | Pickleball |
| 11-12p | | Silver Sneakers | | Silver Sneakers | | | |
| 12-1p | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | |
| 1-2p | | | | | | | |
| 2-3p | | | | | | | |
| 3-4p | | | | | | | |
| 4-5p | | | | | | Closed | |
| 5-6p | | | | | | | |
| 6-7p | | Volleyball beginning April 11th | Closed | | | | |
| 7-8p | | | | | | | |

FACILITY HOURS:
Mon/Tue/Thu/Fri 5:30am-8pm
Wed 5:30am-6pm
Sat: 7am-2pm Sun: Closed

- Open Gym is for basketball
- When school is out or we have an increase in members, Pickleball is expected to share courts as needed.