

# BEAR-GLASGOW FAMILY YMCA GYM FALL SEPTEMBER - DECEMBER

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
		A	B	A	B	A	B	A	B	A	B	A	B	A	B		
5:00												CLOSED		CLOSED			
6:00		5:00am - 8:00am Open Gym		5:00am - 8:45am Open Gym		5:00am - 8:00am Open Gym		5:00am - 8:00am Open Gym		5:00am - 8:00am Open Gym		6:00am-8:00am Open Gym		6:00am-9:45am Open Gym			
7:00																	
8:00	Cleaning		Cleaning		Cleaning		Cleaning		Cleaning		Cleaning						
9:00			Cleaning										Cleaning				
10:00		8:15am-12:00pm Open Gym		9:00am - 12:00pm Adult Pickleball		8:15am-12:00pm Open Gym		8:15am-11:30am Open Gym		8:15am-12:00pm Open Gym		8:15am-12:00pm Open Gym		10:00am- 12:00pm Open Gym	10:00am - 12:00pm Pickle Ball Class		
11:00																	
12:00		Cleaning		Cleaning		Cleaning		11:30am- 12:30pm Open Gym	11:30am- 12:30pm Adult Pickleball Class	Cleaning							
1:00		12:15pm-4:00pm Open Gym		12:15pm-4:00pm Open Gym		12:15pm-4:00pm Open Gym		Adult Pickleball 12:30pm - 4:00pm		12:15pm-4:00pm Open Gym		12:15pm- 2:45pm Open Gym	12:15pm- 2:45pm Youth Open Gym	12:00pm - 2:00pm Adult Pickle Ball			
2:00																	
3:00												Cleaning					
4:00		Cleaning		Cleaning		Cleaning		4:00pm-5:00pm Adult Pickleball Class		Cleaning		3:00pm-5:45pm Open Gym		2:15pm- 5:45pm Open Gym	2:15pm- 5:45pm Youth Open Gym		
5:00	4:15pm-6:15pm Open Gym								4:15pm-6:30pm Open Gym								
6:00		Adult Pick- Up Basketball 18 and Up 6:30pm- 8:45pm		Adult Pick- Up Volleyball 18 and Up 6:30pm- 8:45pm		4:15pm- 8:45pm Open Gym		4:15pm- 8:45pm Youth Open Gym		Youth Sports Class 5:00pm-8:45pm		Adult Pick-Up Basketball 18 and Up 6:30pm-8:45pm		Cleaning		Cleaning	
7:00																	
8:00																	
9:00		Cleaning		Cleaning		Cleaning		Cleaning		Cleaning							



**Gym Schedule is subject to change at any time.**  
**OPEN GYM:** All Ages, Children 11 & under must be supervised at all times.  
**YOUTH GYM:** Open for Children and Teens Ages 12 -17 **ADULT PICKUP:** Ages 18 +

**Bear Glasgow Family YMCA Facility Hours**  
**Mon - Fri: 5 am - 9 pm**  
**Sat - Sun: 6am - 6pm**