

# GYM SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:30-7:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	PICKLEBALL CHALLENGE COURT 8:00-12:00	PICKLEBALL CHALLENGE COURT 8:00-10:00				
7:00-8:00											
8:00-9:00											
9:00-10:00	PICKLEBALL PERFORMANCE TRAINING	SILVER FIT 9:45-10:30	PICKLEBALL PERFORMANCE TRAINING		PICKLEBALL SKILLS & DRILLS						
10:00-11:00	PICKLEBALL OPEN COURT AGES 13+	OPEN GYM	PICKLEBALL OPEN COURT AGES 13+		OPEN GYM			PICKLEBALL OPEN COURT AGES 13+	OPEN GYM	OPEN GYM	
11:00-12:00											
12:00-1:00											FAMILY PICKLEBALL 12:00-1:00
1:00-2:00											
2:00-3:00	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM			OPEN GYM	OPEN GYM	OPEN GYM	
3:00-4:00											
4:00-5:00	PAY! OPEN GYM 4:00-5:00	BEGINNER PICKLEBALL 4:00-6:00	NEXT GEN YOUTH SPORT (5:00-6:00)	BASKETBALL CHALLENGE COURT 6:00-8:45	OPEN GYM	OPEN GYM	OPEN GYM				
5:00-5:30	OPEN GYM										
5:30-6:00	3-ON-3 BASKETBALL LEAGUE	PICKLEBALL CHALLENGE COURT 6:00-8:45	VOLLEYBALL CLUB 6:30-8:45	BASKETBALL CHALLENGE COURT 6:00-8:45	OPEN GYM	OPEN GYM	OPEN GYM				
6:00-7:30											
7:30-9:00											

\*Key\*

\*Note: there may be special events and gym parties that are not reflected in the weekly schedule, during those times signs will be posted on the gym door\*

Open Gym: Gymnasium available for free play. Games can be organized if members are included.

Pickleball Open Court: Court set for competitive pickleball play only for ages 13 and older.

Volleyball Club: Gymnasium set exclusively for volleyball play only.

Next Gen Youth Sport: Gymnasium set exclusively for children 12+ to foster growth physically and mentally.

Beginner Pickleball: Court set for pickleball for beginners only.

Pickleball Performance Training: Gymnasium set to help lower your risk of injury and move with more confidence on the court.

Pickleball Skills and Drills: Gymnasium set for new players to build a strong foundation, improve technique, and develop court confidence.

Family Pickleball: Court set for families of all ages and levels that want to play.

Challenge Court: Court set for adult challenge pickleball or basketball.

Basketball League: Gymnasium set exclusively for competitive 3-on-3 basketball play only.