

# Gymnasium Schedule



Walking track available most times

Monday: 8:15am - 9:15am Cardio Dance  
9:30am - 10:30am Zumba  
10:45am - 1:00pm Intermediate Pickleball  
1:15pm - 3:00pm Advanced/Intermediate Pickleball  
3:00pm - 6:00pm Open Family Basketball/Pickleball  
6:00pm - 7:00pm Zumba

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Tuesday: 8:00am - 9:00am Cycle  
9:30am - 11:30pm Social/Beginner Pickleball  
11:45pm - 3:00pm Advanced Pickleball  
3:00pm - 4:00pm Open Family Basketball/Pickleball  
5:30pm - 6:30pm Cycle

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Wednesday: 8:15am - 9:15am Cardio Dance  
9:15am - 10:15am Cycle & Arms  
10:30am - 11:30am Zumba  
11:45am - 2:30pm Social/Beginner Pickleball  
2:30pm - 4:30pm Advanced/Intermediate Pickleball  
4:30pm - 6:00pm Open Family Basketball/Pickleball  
6:00pm - 7:00pm Zumba

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Thursday: 8:00am - 9:00am Cycle  
9:15am - 12:15pm Intermediate Pickleball  
12:30pm - 3:30pm Advanced Pickleball  
3:30pm - 6:30pm Open Family Basketball/Pickleball  
6:30pm - 7:30pm Zumba Strong

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Friday: 9:30am - 10:30am Zumba  
10:30am - 12:30pm Intermediate Pickleball  
12:45pm - 3:00pm Advanced Pickleball  
3:00pm - 5:00pm Open Family Basketball/Pickleball

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Saturday: 8:00am - 9:00am Cycle  
9:00am - 10:00am Zumba  
10:00am - 12:00pm Advanced/Intermediate Pickleball  
11:00am - 2:00pm Open Family Basketball/Pickleball

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This is a Covid Phase 3 evolving schedule for the gymnasium.  
Thank you for your understanding and flexibility.  
Please see back for details.

**During Covid the gym is being utilized from open to close. We understand this will make it tricky at times. The YMCA is here for everyone, so please share :)**

**Thank you! We are thrilled to be here with you!**

- Times may vary due to social distancing, weather, monthly blood drive and class schedule. Please check Front Desk for schedule.**
- Schedule is subject to change on the authority of the Staff.**
- See the Front Desk with any questions about utilizing the courts.**
- If the courts are full, keep in mind that the tennis courts are a great alternative space to utilize!**
- If the courts are not full please share with others on the courts.**
- Beginner/Social Pickleball: If you would like to learn the basics of PB please let the front desk know in advance so we can assist you.**
- Advanced/Intermediate PB: Please see the USAPA Skill Ratings hanging on the hall bulletin board.**

## **COVID PHASE 3**

**Social distancing VA State guidelines must be observed. Additional guidelines can be found on the hall bulletin board. Please read them.**

**Basketball: Solo shooting or family (covid family counts) time only. Allowed when court time is scheduled or available. Additional basketball goal available on lower lot (can also be moved inside).**

**When finished playing please feel free to continue to socialize outside. We appreciate your assistance in helping us follow the Virginia Department of Health rules.**