



Gymnasium Schedule

YMCA of Kingston - Wright Crescent Branch - Effective Sept 17, 2018

Last Updated: November 16, 2018
 Next expected Update: December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30am - 6:30am	Open Gym 5:30am - 8:30am	Open Gym 5:30am - 6:30am	Open Gym 5:30am - 8:30am	Open Gym 5:30am - 6:30am	This schedule is subject to change based on special events, school breaks, including PA Days, March Break and Holidays. Please see Membership Services for details.	
Early Bird Bootcamp 6:30am - 7:15am		Early Bird Bootcamp 6:30am - 7:15am		Early Bird Bootcamp 6:30am - 7:15am		
Open Gym 7:15am - 8:30am	Cardio Intervals (Half Court) Open Gym (Half court) 8:30-9:00am	Open Gym 7:15am - 8:30am	Cardio Intervals (Half Court) Open Gym (Half Court) 8:30-9:00am	Open Gym 7:15am - 8:30am	Open Gym 7:00am - 9:00am	Open Gym 7:30am - 11:00am
Senior Strength & Cardio 8:30am - 9:25am	Rip 9:15am - 10:25am	Senior Strength & Cardio 8:30am - 9:25am	Rip 9:15am - 10:25am	Senior Strength & Cardio 8:30am - 9:25am		
Pickleball (3 courts) 9:35am - 12:00pm	Open Gym 10:30am - 4:30pm	Pickleball (3 courts) 9:35am - 12:00pm <i>Cancelled last Wednesday of every month</i>	Open Gym 10:30am - 12:30pm	Pickleball (3 courts) 9:35am - 12:00pm <i>Cancelled on PA Days *see note*</i>	Youth Basketball 9:00am - 12:00pm	Youth Volleyball Skills 11:00am - 12:00pm
Open Gym 12:00pm - 12:30pm		Open Gym 12:00pm - 12:30pm		Open Gym 12:00pm - 12:30pm		
Y-Ball European Handball 12:30pm - 2:00pm		Y-Ball European Handball 12:30pm - 2:00pm	Pickleball - (3 courts) 12:30pm - 2:30pm	Y-Ball European Handball 12:30pm - 2:00pm	Available for Rental 12:00pm - 2:00pm	Available for Rental 12:00pm - 2:00pm
Open Gym 2:00pm - 4:15pm		Open Gym 2:00pm - 4:15pm	Open Gym 2:30pm - 4:15pm	Open Gym 2:00pm - 4:15pm	Open Gym 2:00pm - 8:00pm	Family Pickleball 2:00 - 3:00pm
School Age Care 4:15pm - 5:15pm	Youth Basketball Skills 4:30pm - 5:30pm	School Age Care 4:15pm - 5:00pm	School Age Care 4:15pm - 5:10pm	Adult Pickleball 3:00pm - 5:00pm		
Open Gym 5:15pm - 6:00pm	Youth Badminton 5:30pm - 7:30pm	Sports Sampler 5:00pm - 7:45pm	Youth Soccer 5:10pm - 8:00pm	Youth Volleyball 4:45pm - 6:30pm	Registered Programs	Open Gym 5:00pm - 6:30pm
Y Jump Rope 6:00pm - 7:30pm (Oct. 15th - Dec. 10th)	Pathways 7:30-8:00pm Family Badminton 8:00-8:30pm	Open Gym 7:45pm - 8:30pm		Youth Basketball Skills 6:30pm - 7:30pm		Adult Volleyball 6:30pm - 8:00pm
Open Gym 7:30pm - 8:30pm	Adult Badminton 8:30pm - 10:30pm	Adult Volleyball 8:30pm - 10:30pm	Adult Basketball 8:00pm - 10:30pm	Adult Soccer 7:30pm - 9:30pm	Rental	PA Days: Nov. 30th
Adult Soccer 8:30pm - 10:30pm					Drop in program	