



Gymnasium Schedule

YMCA of Kingston

Last Updated: May 2nd, 2019

Next expected Update: Summer

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	Intervals (Half Court) Open Gym (Half Court) 8:30am-9:00am	Open Gym 7:15am - 8:30am	Intervals (Half Court) Open Gym (Half Court) 8:30am-9:00am	Open Gym 7:15am - 8:30am	Open gym 7:00am - 9:00am	Open Gym 7:30am - 12:00pm
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	Pilates Foundations 10:30am - 11:20am	Pickleball (3 courts) 9:35am - 12:00pm	Open Gym 10:30am - 12:30pm	See PA DAYS Below Pickleball (3 courts) 9:35am - 12:00pm	Youth Basketball 9:00am - 12:00pm	Available for Rental 12:00pm - 2:00pm
Open Gym 12:00pm - 12:30pm	Open Gym 11:30am - 4:30pm	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	
Open Gym 2:00pm - 4:15pm		Open Gym 2:00pm - 4:15pm	Open Gym 2:30pm - 4:15pm	Open Gym 2:00pm - 3:45pm		Open Gym 2:00pm - 8:00pm
School Age Care 4:15pm - 5:15pm	Youth Basketball Skills 4:30pm - 5:25pm	School Age Care 4:15pm - 5:00pm	School Age Care 4:15pm - 5:10pm	Youth Volleyball Skills 3:45pm - 4:40pm	Adult Pickleball 3:00pm - 5:00pm	
Open Gym 5:15-7:00pm	Youth Badminton 5:30pm - 7:30pm	Sports Sampler 5:00pm - 7:45pm	Youth Soccer 5:10pm - 8:00pm	Youth Volleyball 4:45pm - 6:25pm	Open Gym 5:00pm - 6:30pm	
	Pathways 7:30pm-8:00pm			Youth Basketball Skills 6:30pm - 7:30pm		
Adult Soccer 7:00pm - 9:00pm	Family Badminton 8:00pm - 8:30pm	Open Gym 7:45pm - 8:30pm	Adult Basketball 8:00pm -10:30pm	Adult Soccer 7:30pm - 9:30pm	Gym Not Available on the following Pa Days May 17th June 28th	Adult Volleyball 6:30pm - 8:00pm
Open Gym 9:00pm - 10:30pm	Adult Badminton 8:30pm - 10:30pm	Adult Volleyball 8:30pm - 10:30pm				Registered Program
						Rental
						Drop in program