

Gymnasium Schedule

Effective March 17, 2025

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 am		Small Group Training 5:30-6:30am	Open Gym 5-6am	Small Group Training 5:30-6:30am	Open Gym 5-6am	Open Gym 5-9am		
6:00 am		Flex Open Gym 6:30-11am	Small Group Training 6-7am	Open Gym 6:30-9am	Small Group Training 6-7am			
7:00 am			Open Gym 7-9am		Open Gym 7-9am			Open Gym 7-9am
8:00 am	Open Gym 7-9am		Open Gym 7-9am					
9:00 am	Open Pickleball 9-12pm (FULL GYM)		Small Group Training 9-10am	Open Pickleball 9-11:45am (FULL GYM)	Small Group Training 9-10am	Open Pickleball 9-11am (FULL GYM)	Flex Open Gym 9-12pm	
10:00 am		Open Gym 10-11am	Open Gym 10-11am					
11:00 am		Preschool 11-11:45am	Preschool 11-11:45am		Preschool 11-11:45am			Preschool 11-11:45am
		BUFFER	BUFFER	BUFFER	BUFFER	BUFFER		
12:00 pm	Open Gym 12-8pm	Small Group Training 12-1pm	Competitive Pickleball 12-1:30pm (FULL GYM) 18 slots	Small Group Training 12-1pm	Competitive Pickleball 12-1:30pm (FULL GYM) 18 slots	Co-Ed Drop In Basketball 12-2pm (FULL GYM)	Open Gym 12-8pm	
1:00 pm		Open Pickleball 1:15-4pm (FULL GYM)	Recreational Pickleball 1:30-3pm (FULL GYM) 18 slots	Open Gym 1-6:15pm	Recreational Pickleball 1:30-3pm (FULL GYM) 18 slots	Flex Open Gym 2-3:30pm		
2:00 pm								
3:00 pm		Open Gym 4-5:30pm	Open Gym 3-6:30pm	Small Group Training 6:15-7:15pm	Open Gym 3-10pm	Open Gym 3:30-10pm		
4:00 pm		Small Group Training 5:30-7:15pm						
5:00 pm		Open Gym 7:15-10pm						Flex Open Gym 6:30-10pm
5:30pm								
6:00 pm								
6:30pm								
7:00 pm								
8:00 pm								
9:00 pm								
10:00 pm								

* Open Gyms are FULL GYM. All activities are a half gym unless specified.

Please note a special schedule will be in place for Spring Break March 22nd – 30th.

Important – Turn over for additional information

SCHEDULE DEFINITIONS:	PLANNED SCHEDULE CHANGES:
<p>Schedule Definitions:</p> <p>Flex Open Gym: A flexible time for open play in the gym. This time allows for all activities on a first-come-first-serve basis, including Pickleball. Pickleball is limited to half court only and must allow others to play. Pickleball players need to SETUP and TAKEDOWN ALL EQUIPMENT.</p> <p>Open Gym: A time for open play in the gym. To allow maximum use by everyone, NO PICKLEBALL.</p> <p>Coed Drop-in Basketball: open pickup games</p> <p>Open Pickleball: No other activities during this time. All Levels welcome so give it a try!</p> <p>Competitive pickleball: 18 slots available 30 minutes prior to start time. This session is reserved for players with an intermediate (3.5) skill level or higher, based on USA Pickleball standards. Beginners will not be permitted to participate to maintain an elevated level of gameplay. Skill level assessments will be provided as needed; details will be posted when available.</p> <p>Recreational Pickleball: 18 slots available 30 minutes prior to start time. Players should rank as intermediate or lower per USA Pickleball standards. Advanced players may fill in if slots are available after the session begins but must adjust their play to accommodate other skill levels.</p> <p>Small Group Training: Paid fitness programming. For information visit our website.</p>	<ul style="list-style-type: none"> • Mar. 20th the entire gymnasium will be closed from 10am – 6:30pm for the American Red Cross Blood Drive. • April 26th the entire gymnasium will be closed for a pickleball tournament 8am – 8pm. • May 15th the entire gymnasium will be closed from 10am – 6:30pm for the American Red Cross Blood Drive. • May 30th 2pm -June 1st 12pm the entire gymnasium will be closed to support the G.A.C. swim meet.