

Gymnasium Schedule

Effective April 16, 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	Flex Open Gym 6:30-11am	Open Gym 7-9am	Open Pickleball 9-11:45am (FULL GYM)	Open Gym 7-9am	Open Pickleball 9-11am (FULL GYM)	Small Group Training 8-9am		
9:00 am	Open Pickleball 9-12pm (FULL GYM)		Small Group Training 9-10am		Small Group Training 9-10am		Flex Open Gym 9-12pm		
10:00 am			Open Gym 10-11am		Open Gym 10-11am				
11:00 am	Open Pickleball 9-12pm (FULL GYM)	Preschool 11-11:45am	Preschool 11-11:45am	BUFFER	Preschool 11-11:45am	Preschool 11-11:45am			
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)
1:00 pm		Open Gym 12-8pm	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	Open Gym 3-6pm			Open Gym 3-6pm					
3:00 pm	Open Gym 12-8pm	Open Gym 4-5:30pm	Open Gym 3-6:30pm	Small Group Training 6:15-7:15pm	Drop-in Volleyball 6-7:30pm	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	Open Gym 7:15-10pm	Open Gym 7:30-10pm				
5:30pm									
6:00 pm									
6:30pm		Open Gym 7:15-10pm	Flex Open Gym 6:30-10pm	Open Gym 7:15-10pm	Open Gym 7:30-10pm				
7:00 pm									
8:00 pm									
9:00 pm		Open Gym 7:15-10pm	Flex Open Gym 6:30-10pm	Open Gym 7:15-10pm	Open Gym 7:30-10pm				
10:00 pm									

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

Important – Turn over for additional information

SCHEDULE DEFINITIONS:

PLANNED SCHEDULE CHANGES:

Schedule Definitions:

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.**

Open Gym: A time for open play in the gym. To allow maximum use by everyone, **NO PICKLEBALL.**

Coed Drop-in Basketball: open pickup games

Drop-in Volleyball: RECREATIONAL PLAY! Net height will be on a women's or intermediate setting. Competitiveness should be geared toward the most novice players in attendance.

Open Pickleball! No other activities during this time. All Levels welcome so give it a try!

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.

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.

Small Group Training: Paid fitness programming. For information visit our website.

- 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.