

# Gymnasium Schedule

Effective March 28th, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am		Open Gym 5-6:30am	Open Gym 5-9am	Open Gym 5-6:30am	Open Gym 5-9am	Open Gym 5-9am	
6:30 am		Flex Open Gym 6:30-8:45am		Flex Open Gym 6:30-9am			
7:00 am		Open Gym 7-9 am		Open Gym 7-9am			
8:00 am							
9:00 am	Recreational Pickleball 9am-12pm <b>(FULL GYM)</b> 24 slots	Ski Cond. (\$) 9-10am <b>FULL GYM</b>	Run Strong (\$) 9-10am	Open Gym 9-11am	Run Strong (\$) 9-10am	Competitive Pickleball 9-11am <b>(FULL GYM)</b> 20 slots	Run Strong (\$) 9-10am
10:00 am		Open Gym 10-11am	Open Gym 10-11am		Competitive Pickleball 10-11:30am <b>(FULL GYM)</b> 20 slots		Flex Open Gym 10am-12pm
10:30 am		Preschool 11-11:45am	Preschool 11-11:45am	Preschool 11-11:45am	Preschool 11:15- 11:45am		
11:00 am							
11:30 am					Recreational Pickleball 11:30-1pm <b>(FULL GYM)</b> 24 slots		
12:00 pm	Open Gym 12-8pm	Open Gym 12-1pm	Recreational Pickleball 12-2pm <b>(FULL GYM)</b> 24 slots	Open Gym 12-1pm	Open Gym 12-10pm	Open Gym 1-6pm	Open Gym 12-8pm
1:00 pm		Competitive Pickleball 1-3:00pm <b>(FULL GYM)</b> 20 slots		Competitive Pickleball 1-3pm <b>(FULL GYM)</b> 20 slots			
1:30 pm							
2:00 pm							
3:00 pm				Supervised Open Gym 3-5pm			
3:30 pm							
4:00 pm			Open Gym 2-6:30pm				
5:00 pm			Open Gym 3:00-6:15pm	Open Gym 5-6:15pm			
5:30pm							
6:00 pm			SGT (\$) 6:15-7:15pm	SGT (\$) 6:15-7:15pm			
6:30pm				Tween Night (\$) 6-9pm <b>(see desk for dates)</b>			
7:00 pm							
8:00 pm		Open Gym 7:15-10pm	Pickleball League (\$) 6:30-9pm <b>(FULL GYM)</b>	Open Gym 7:15-10pm			
9:00 pm			Open Gym 9-10pm		Open Gym 9-10pm		
9:30 pm							

\* ALL ACTIVITIES ARE HALF GYM UNLESS SPECIFIED.

Important – Turn over for additional information

SCHEDULE DEFINITIONS:	PLANNED SCHEDULE CHANGES AND CLOSURES:
<p><b>Flex Open Gym:</b> A flexible time for open play in the gym. This time allows for all activities on a first-come-first-serve basis, including Pickleball. <i>Pickleball is limited to half court only</i> and must allow others to play.</p> <p>Pickleball players need to <b>SET UP and TAKE DOWN ALL EQUIPMENT.</b></p> <p><b>Open Gym:</b> A time for open play in the gym. To allow maximum use by everyone, <b>NO PICKLEBALL.</b></p> <p><b>Competitive pickleball:</b> 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. <b>Full gymnasium.</b> No other activities during this time.</p> <p><b>Recreational Pickleball:</b> 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. <b>Full gymnasium.</b> No other activities during this time.</p> <p><b>Pickleball League:</b> a blind mixed doubles league where individuals sign up solo (2.5+ skill level), get drafted onto balanced teams, and play men's, women's, and mixed doubles matches. See our webpage for details <a href="https://whitefishwave.com/pickleball-league/">https://whitefishwave.com/pickleball-league/</a></p> <p><b>Supervised Open Gym:</b> a designated session for children 9-13 years of age to be in the gymnasium and activity pool while being supervised by a Wave employee. Parents must check children in and out each session. No fee for members.</p> <p><b>Tween Night (\$):</b> a fun, engaging after-hours program designed to provide children ages 9-13 with swimming, gym time, games, and other activities in a safe and welcoming environment. Pizza and drinks provided.</p> <p><b>(\$)</b> – INDICATES ADDITIONAL FEES APPLY.</p> <p><b>* ALL ACTIVITIES ARE HALF GYM UNLESS SPECIFIED.</b></p>	<ul style="list-style-type: none"> <li>- <b>Red Cross Blood Drive:</b> <ul style="list-style-type: none"> <li>• March 19th the entire gymnasium will be closed from 10am – 6pm.</li> </ul> </li> <li>- <b>Run Strong Small Group Training</b> <ul style="list-style-type: none"> <li>• Starts February 14<sup>th</sup> and will take place in the gymnasium Tues, Thurs and Sat 9-10am</li> </ul> </li> </ul>

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