YMCA GYM SCHEDULE

UNION COUNTY FAMILY YMCA

November 1 - November 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5AM-8AM	OPEN GYM 5AM-9AM	OPEN GYM 5AM-8AM	OPEN GYM 5AM-9AM	OPEN GYM 5AM-8AM	YOUTH SPORTS 8AM-1PM (STARTING 11/7)	OPEN GYM 12PM-6PM
PICKLEBALL 8AM-11:30AM	WALKING CLASS 9AM-9:30AM	PICKLEBALL 8AM-11:30AM	WALKING CLASS 9AM-9:30AM	PICKLEBALL 8AM-11:30AM		
OPEN GYM 11:30AM-12PM	OPEN GYM 9:30AM-12PM	OPEN GYM 11:30AM-12PM	OPEN GYM 9:30AM-12PM	OPEN GYM 11:30AM-12PM		
ADULT BASKETBALL 12PM-1:30PM	ADULT BASKETBALL 12PM-1:30PM	ADULT BASKETBALL 12PM-1:30PM	ADULT BASKETBALL 12PM-1:30PM	ADULT BASKETBALL 12PM-1:30PM		
PICKLEBALL (Women Only) 1:30PM-3:30PM	OPEN GYM 1:30PM-5PM	PICKLEBALL (Women Only) 1:30PM-3:30PM	OPEN GYM 1:30PM-5PM	PICKLEBALL (Women Only) 1:30PM-3:30PM		
OPEN GYM 3:30PM-5PM		OPEN GYM 3:30PM-5PM		OPEN GYM 3:30PM-9PM		
YOUTH SPORTS 5PM-6:30PM	YOUTH SPORTS 5PM-7PM	YOUTH SPORTS 5PM-7PM	YOUTH & ADULT SPORTS 5PM-9PM			
OPEN GYM 6:30PM-9PM	OPEN GYM 7PM-9PM	OPEN GYM 7PM-9PM				

Schedule is subject to change with little to no notice.
Check our Facebook & Instagram for updates!

ARMORY GYM SCHEDULE

Please see the Welcome Desk for availability from 5am-5pm. National Guard has full use of Armory Gym twice a month, schedule is subject to change with little to no notice.

OPEN GYM 5AM-6:30PM	OPEN GYM 5AM-9PM	OPEN GYM 5AM-9PM	OPEN GYM 5AM-9PM	OPEN GYM 5AM-9PM	OPEN GYM 7AM-1PM	OPEN GYM 12PM-6PM
CAP 6:30PM-9PM						