



Ron Edwards Family YMCA - Schedule at a Glance

September 2 to December 22, 2024

SUNDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL
8:00 AM	Open Basketball 8:00-8:45		Strong Nation 8:15-9:00				Lane Swim 8:00-9:00
8:30 AM							
9:00 AM	Karate FUND 6-12 YRS 9:00-9:45	Endurance Cycle 9:30-11:00 Seasonal	Yoga 9:15-10:15				Swim Lessons 9:00-1:00 pm
9:30 AM							
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45						
10:30 AM							
11:00 AM	Karate ADV 6-12 YRS 11:00-11:45						
11:30 AM							
12:00 PM							
12:30 PM	Open Basketball 12:30-3:30						Open Family Swim 1:15-2:15
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							Open/Lane Swim 2:45-3:45
3:30 PM							
4:00 PM							

FACILITY HOURS

Mon-Fri: 6:00 am - 9:30 pm

Sat 8:00 am to 5:30 pm & Sun: 8:00 am - 4:00 pm

Holiday's as posted

Sauna & whirlpool closed during Swim Lessons

Pool closes 30 minutes before facility closure. Members have 10 minutes post closing time, to gather belongings.

MONDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:30	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							Lane Swim 7:30-9:00
9:00 AM	HIT 9:15-10:00						
9:30 AM							AquaFit 9:15-10:00
10:00 AM	Strength and Conditioning 10:15-11:00		Yoga 10:15-11:45				
10:30 AM							Lane Swim 10:30-1:00
11:00 AM	WalkFit 11:15-12:00						
11:30 AM							
12:00 PM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each						
12:30 PM			Balance+ 12:15-1:15				
1:00 PM							
1:30 PM	Pickleball 1:00-3:00			Optimal Fitness A 1:30-2:30		Open / Lane Swim 1:00-2:15	
2:00 PM							
2:30 PM						Community Rental 2:30-3:45	
3:00 PM							
3:30 PM	Open Basketball 3:15-4:30						
4:00 PM							
4:30 PM							
5:00 PM	Soccer LVL 1 6-12 YRS 5:00-6:00			Balls, Band, Bosu 5:10-5:40	Art Sparks 3-5 YRS 5:00-5:45	Swim Lessons 4:00-7:30	
5:30 PM			Back to Living Well 5:30-6:30				
6:00 PM	Boxing for Kids 6-12 YRS 6:00-6:45			HIT 5:45-6:15	Art Sparks 3-5 YRS 6:00-6:45	League All Courts 5:30-8:30	
6:30 PM							
7:00 PM	Dodgeball 8-12 YRS 7:00-8:15	CycleFit Train 7:00-7:45 Seasonal	Boxing Conditioning 7:00-7:45			AquaFit Strength 7:30-8:15	
7:30 PM							
8:00 PM							
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30					Open Courts 8:30-9:30	
9:00 PM							
9:30 PM						Community Rental 8:15-9:15	

TUESDAY							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL
6:00 AM						Open Courts 6:00-5:30	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	BodyFit 9:15-10:00	CycleFit 9:15-10:00			Child Minding 9:00-10:15		Lane Swim 7:30-1:00
9:30 AM							
10:00 AM	Low Impact 10:15-11:00		Gentle Fit 10:15-11:00				
10:30 AM					Child Minding 10:30-11:45		
11:00 AM				Optimal Fitness B 11:15-12:15			
11:30 AM	Healthy Hearts 11:30-12:00						
12:00 PM			Healthy Hearts 12:30-1:00				
12:30 PM							
1:00 PM							
1:30 PM	Home School Program 1:30-3:00					Hydrotherapy 1:15-2:00	
2:00 PM							
2:30 PM						Lane Swim 2:30-3:45	
3:00 PM							
3:30 PM	Open Basketball 3:00-4:30						
4:00 PM							
4:30 PM							
5:00 PM	Zumba Kids JR 4-7 YRS 5:00-5:45			Brain Builders 6-12 YRS 5:00-6:00	Brain Builders 3-5 YRS 5:00-6:45	Swim Lessons 4:00-7:30	
5:30 PM							
6:00 PM	Floor Hockey 6-12 YRS 6:00-7:00	TRX 6:00-7:00	Zumba Kids 8-12 YRS 6:00-6:45			League All Courts 5:30-6:30	
6:30 PM							
7:00 PM	Zumba 7:15-8:15		Yoga 7:00-8:30	Ball, Band, Bosu 7:15-8:00			
7:30 PM							
8:00 PM		Triathlon 8:00-8:30					
8:30 PM	Open Volleyball Full Court 8:30-9:30			Pilates 8:15-9:00		Open Courts 6:30-9:30	
9:00 PM							
9:30 PM						Lane Swim 7:45-9:15 Triathlon (1 Lane 7:30-8:00)	

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Community Rental Aquatics Programs
- Drop in Recreational Programs



WEDNESDAY

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-5:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM							Lane Swim 7:30-9:00	
8:30 AM								
9:00 AM	20/20/20 9:15-10:15							AquaFit 9:15-10:00
9:30 AM								
10:00 AM			Chair Yoga 10:15-11:00					
10:30 AM								
11:00 AM	Walk Fit 11:15-12:00						Lane Swim 10:30-1:00	
11:30 AM	Open Pickleball and Basketball 12:15-1:00 1/2 Gym each			GERAS Dance 11:30-12:30				
12:00 PM								
12:30 PM			Balance + 12:15-1:15				Open / Lane Swim 1:00-3:00	
1:00 PM	Pickleball 1:00-3:00			Optimal Fitness A 1:30-2:30				
1:30 PM							Youth Sports 3:00-4:00	
2:00 PM								
2:30 PM								
3:00 PM	Open Basketball 3:15-4:30							
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Sports Adventure 3-5 YRS 5:00-5:45			Art Sparks 6-12 YRS 5:00-6:00	Art Sparks 3-5 YRS 5:00-5:45		Swim Lessons 4:00-7:30	
5:30 PM	Sports Adventure 6-12 YRS 6:00-7:00		Back to Living Well 5:30-6:45	Ball, Band, Bosu 6:15-7:00	Art Sparks 3-5 YRS 6:00-6:45	League All Courts 5:30-7:30		
6:00 PM								
6:30 PM								
7:00 PM	Open Dodge Ball 7:15-8:15	Cycle Fit 7:00-7:45	20/20/20 7:15-8:15	YLD 7:15-8:15			AquaFit High Intensity 7:30-8:15	
7:30 PM								
8:00 PM						Open Courts 7:30-9:30	Community Rental 8:15-9:15	
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30							
9:00 PM								
9:30 PM								

FRIDAY

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-9:30		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM							Lane Swim 7:30-9:00	
8:30 AM								
9:00 AM	Muscle Fit 9:15-10:00			Line Dancing 9:15-10:00				AquaFit 9:15-10:00
9:30 AM								
10:00 AM	Low Impact 10:15-11:00		Yoga 10:15-11:45					
10:30 AM								
11:00 AM								
11:30 AM				GERAS Dance 11:30-12:30				
12:00 PM							Lane Swim 10:30-3:00	
12:30 PM	Pickleball 12:00-3:00							
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM							Youth Sports 3:00-4:00	
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM							Private Lessons / 2 Lane Swim 4:00-7:00	
5:30 PM	Open Basketball 3:15-9:15							
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM							Lane/Open Swim 7:00-9:15	
9:00 PM								
9:30 pm								

THURSDAY

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL	
6:00 AM						Open Courts 6:00-5:00		
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM							Lane Swim 7:30-1:00	
9:00 AM	Body Fit 9:15-10:00	Cycle Fit 9:15-10:00			Child Minding 9:00-10:15			
9:30 AM								
10:00 AM			Gentle Fit 10:15-11:00					
10:30 AM				Optimal Fitness B 11:15-12:15	Child Minding 10:30-11:45			
11:00 AM								
11:30 AM	Healthy Hearts 11:30-12:00							
12:00 PM								
12:30 PM			Healthy Hearts 12:30-1:00				Hydrotherapy 1:15-2:00	
1:00 PM								
1:30 PM							Lane Swim 2:30-3:30	
2:00 PM	Open Basketball 2:00-4:30						Adult Swim Lessons 3:30-4:30	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Dodgeball 8-12 YRS 5:00-6:00		Karate FUND 6-12 YRS 5:00-5:45					
5:30 PM								
6:00 PM	Basketball 9-12 YRS 6:00-7:00	TRX 6:00-7:00	Karate FUND 6-12 YRS 6:00-6:45	Boxing Conditioning 6:00-6:45		League All Courts	Swim Lessons 4:30-7:30	
6:30 PM								
7:00 PM								
7:30 PM	Zumba 7:15-8:15	Relaxation Yoga 7:15-8:15	Karate ADV 6-12 YRS 7:00-7:45					
8:00 PM								
8:30 PM							Adult Lessons and H2O Leaders 7:45-9:15	
9:00 PM	Open Basketball 8:30-9:30					Open Courts 7:00-9:30		
9:30 pm								

SATURDAY

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	CHILD MINDING	RAQUETBALL COURTS	POOL	
8:00 AM		TRX 8:15-9:00				Open Courts 8:00-10:00	Lane Swim 8:00-9:00	
8:30 AM								
9:00 AM	Basketball FUND 6-9 YRS 9:00-10:00	Cycle Fit 9:15-10:00						
9:30 AM								
10:00 AM	Basketball FUND 3-5 YRS 10:15-11:00			Brain Builders 6-12 YRS 10:15-11:00			Child and Youth Raquetball 10:00-12:00	Swim Lessons 9:00-1:00
10:30 AM			Zumba 10:30-11:30	Brain Builders 3-5 YRS 11:15-12:00				
11:00 AM	Basketball FUND 10-12 YRS 11:15-12:15							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM							Lane Swim 1:15-2:15	
1:30 PM								
2:00 PM	Open Basketball 1:00-5:15					Open Courts 12:00-5:30	Open / Lane Swim 2:45-3:45	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 pm								
5:00 pm								
5:30 pm							Open Family Swim 4:00-5:15	

- Registered Programs
- Open Gym/Open Swim
- Drop In Group Fitness
- Community Rental or Aquatics Programs
- Drop in Recreational Programs