



Ron Edwards Family YMCA - Schedule at a Glance

November 4 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						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		Strong Nation 10:30-11:15				
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 Family Swim 1:15-2:15
1:00 PM	Open Basketball 12:30-3:30						
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								Lane Swim 7:30-9:00
8:30 AM								
9:00 AM	HIT 9:15-10:00							AquaFit 9:15-10:00
9:30 AM								
10:00 AM	Strength and Conditioning 10:15-11:00		Yoga 10:15-11:45					Lane Swim 10:30-1:00
10:30 AM								
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								
3:00 PM								
3:30 PM	Open Basketball 3:15-4:30						Community Rental 2:30-3:45	
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			Swim Lessons 4:00-7:30	
5:30 PM			Back to Living Well 5:30-6:30			League All Courts 5:30-8:30		
6:00 PM	Boxing for Kids 6-12 YRS 6:00-6:45			HIT 5:45-6:15				
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					
7:30 PM							AquaFit Strength 7:30-8:10	
8:00 PM								
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30					Open Courts 8:30-9:30	Community Rental 8:15-9:15	
9:00 PM								
9:30 PM								

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							Hydrotherapy 1:15-2:00	
1:30 PM	Home School Program 1:30-3:00							
2:00 PM								
2:30 PM								
3:00 PM							Lane Swim 2:30-3:45	
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					League All Courts 5:30-6:30	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					
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						Open Courts 6:30-9:30		
8:00 PM		Triathlon 8:00-8:30						
8:30 PM	Open Pickup Basketball and Volleyball 1/2 Court 8:30-9:30			Pilates 8:15-9:00				
9:00 PM							Lane Swim 7:45-9:15 Triathlon (1 Lane 7:30-8:00)	
9:30 PM								

- 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							
9:30 AM							AquaFit 9:15-10:00	
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					
1:00 PM				Optimal Fitness A 1:30-2:30			Open / Lane Swim 1:00-3:00	
1:30 PM	Pickleball 1:00-3:00							
2:00 PM								
2:30 PM							Community Rental 3:00-4:00	
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			Back to Living Well 5:30-6:45	Ball, Band, Bosu 6:15-7:00		League All Courts 5:30-7:30		
6:00 PM	Sports Adventure 6-12 YRS 6:00-7:00							
6:30 PM								
7:00 PM		Cycle Fit 7:00-7:45	20/20/20 7:15-8:15	YLD 7:15-8:15				
7:30 PM	Open Dodge Ball 7:15-8:15					Open Courts 7:30-9:30	AquaFit High Intensity 7:30-8:10	
8:00 PM								
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30						Community Rental 8:15-9:15	
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				
9:30 AM								AquaFit 9:15-10:00
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								
12:30 PM							Lane Swim 10:30-3:00	
1:00 PM	Pickleball 12:00-3:00							
1:30 PM								
2:00 PM								
2:30 PM							Youth Sports 3:00-4:00	
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM							Private Lessons / 2 Lane Swim 4:00-7:00	
5:30 PM								
6:00 PM	Open Basketball 3:15-9:15							
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							Lane Swim 7:30-1:00	
8:30 AM								
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					
1:00 PM							Hydrotherapy 1:15-2:00	
1:30 PM								
2:00 PM							Lane Swim 2:30-3:30	
2:30 PM	Open Basketball 2:00-4:30						Adult Swim Lessons 3:30-4:30	
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Dodgeball 8-13 YRS 5:00-6:00		Karate FUND 6-12 YRS 5:00-5:45			League All Courts	Swim Lessons 4:30-7:30	
5:30 PM								
6:00 PM	Dodgeball 8-13 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				
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						Open Courts 7:00-9:30	Adult Lessons and H2O Leaders 7:45-9:15	
9:00 PM	Open Basketball 8:30-9:30							
9:30 pm								

SATURDAY

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

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