



Ron Edwards Family YMCA - Schedule at a Glance

January 6, 2025 to March 31, 2025

SUNDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
8:00 AM	Open Basketball 8:00-8:45					Open Courts 8:00-4:00	Lane Swim 8:00-9:15	
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					
9:30 AM								
10:00 AM	Karate FUND 6-12 YRS 10:00-10:45							
10:30 AM			Strong Nation 10:30-11:15					Swim Lessons 9:30-1:00pm
11:00 AM	Karate ADV 6-12 YRS 11:00-11:45							
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Open Basketball 12:30-3:30							Open Family Swim 1:15-2:15
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
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	COMMUNITY ROOM B	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							
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							
1:00 PM								
1:30 PM	Pickleball 1:00-3:00						Open/Lane Swim 1:00-2:55	
2:00 PM								
2:30 PM								
3:00 PM							Community Rental 3:00-4:00	
3:30 PM	Open Basketball 3:15-4:30							
4:00 PM								
4:30 PM								
5:00 PM	Soccer LVL 1 6-12 YRS 5:00-5:50						Swim Lessons 4:00-7:30	
5:30 PM								
6:00 PM	Boxing for Kids 6-12 YRS 6:00-6:45		Back to Living Well 5:30-6:00	Ball, Band, Bosu 5:10-5:40				
6:30 PM				HIT 5:45-6:15				
7:00 PM								
7:30 PM		CycleFit Train 7:00-7:45 Seasonal						
8:00 PM								
8:30 PM	Open Pickup Basketball Full Court 8:30-9:30							
9:00 PM								
9:30 PM								

TUESDAY								
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	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						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								
11:00 AM								
11:30 AM	Healthy Hearts 11:30-12:00			Optimal Fitness B 11:15-12:15				
12:00 PM								
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								
3:00 PM							Lane Swim 2:30-4:15	
3:30 PM	Open Basketball 3:00-4:30							
4:00 PM								
4:30 PM								
5:00 PM	Soccer LVL 1 3-5 YRS		Zumba Kids JR 4-7 YRS 5:00-5:45	Artventures 8-12 YRS 5:00-6:00			Swim Lessons 4:30-7:30	
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								
8:00 PM		Triathlon 8:00-8:30						
8:30 PM								
9:00 PM	Open Pickup Basketball 8:30-9:30			Yoga Pilates 8:15-9:00				
9:30 PM								

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



WEDNESDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	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	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								Lane Swim 10:30-1:00
11:00 AM	Walk Fit 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							Open / Lane Swim 1:00-2:55	
1:30 PM	Pickleball 1:00-3:00		Optimal Fitness A 1:30-2:30					
2:00 PM								
2:30 PM							Community Rental 3:00-4:00	
3:00 PM	Open Basketball 3:15-4:00							
3:30 PM								
4:00 PM	Open Basketball/Community Group- 1/2 Gym 4:00-5:00						Swim Lessons 4:00-7:30	
4:30 PM								
5:00 PM	Sports Adventure 3-5 YRS 5:00-5:45			Art Sparks 6-12 YRS 5:00-6:00				
5:30 PM			Back to Living Well 5:30-6:45		Art Sparks 3-5 YRS 5:30-6:15			
6:00 PM	Sports Adventure 6-12 YRS 6:00-7:00			Ball, Band, Bosu 6:15-7:00				
6:30 PM								
7:00 PM		CycleFit 7:00-7:45		YLD 7:15-8:15			AquaFit High Intensity 7:30-8:10	
7:30 PM			20/20/20 7:15-8:15					
8:00 PM								
8:30 PM							Community Rental 8:15-9:15	
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30							

THURSDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	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						
9:30 AM								
10:00 AM			Gentle Fit 10:15-11:00					
10:30 AM				Optimal Fitness B 11:15-12:15				
11:00 AM								
11:30 AM	Healthy Hearts 11:30-12:00							
12:00 PM							Hydrotherapy 1:15-2:00	
12:30 PM			Healthy Hearts 12:30-1:00					
1:00 PM								
1:30 PM							Lane Swim 2:30-3:30	
2:00 PM								
2:30 PM	Open Basketball 2:00-4:30						Adult Swim Lessons 3:30-4:15	
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				Swim Lessons 4:30-7:30	
5:30 PM								
6:00 PM	Dodgeball 8-13 YRS 6:00-7:00		Karate FUND 6-12 YRS 6:00-6:45			League All Courts		
6:30 PM								
7:00 PM			Karate ADV 6-12 YRS 7:00-7:45					
7:30 PM	Zumba 7:15-8:15							
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								

FRIDAY

	GYM	STUDIO	AB ROOM	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							
10:30 AM			Yoga 10:15-11:45					
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM	Pickleball 12:00-3:00						Lane Swim 10:30-3:45	
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM							Private Lessons / 2 Lane Swim 4:00-7:00	
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM							Lane/Open Swim 7:00-9:15	
8:30 PM								
9:00 PM								
9:30 pm								

SATURDAY

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	COMMUNITY ROOM B	RAQUETBALL COURTS	POOL	
8:00 AM		TRX 8:15-9:00				Open Courts 8:00-10:00	Lane Swim 8:00-9:15	
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		Youth Raquetball 6-12 YRS 10:00-10:45	Swim Lessons 9:30-1:00	
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						Open Courts 11:00-5:30		
12:30 PM								
1:00 PM								Lane Swim 1:15-2:15
1:30 PM	Birthday Parties 1:00-2:00							
2:00 PM					Birthday Parties 2:00-3:00			Open / Lane Swim 2:45-3:45
2:30 PM								
3:00 PM								
3:30 PM	Open Basketball 2:30-5:00							
4:00 PM								
4:30 pm								Open Family Swim 4:00-5:15
5:00 pm								
5:30 pm								

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