

# LOCKPORT FAMILY YMCA GYM SCHEDULE - FEBRUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PICKLEBALL</b> (1/2 GYM) 7:00-10:00 AM	<b>PICKLEBALL</b> 6:30-9:30 AM (3 courts)	<b>PICKLEBALL</b> 6:30-8:30 AM (3 courts)	<b>TRX Circuit</b> 5:15-6:00 AM	<b>PICKLEBALL</b> 6:30-8:30 AM (3 courts)	<b>PICKLEBALL</b> 6:30-9:30 AM (3 courts)	<b>OPEN GYM</b> 7:00AM-8:30 PM
	<b>PICKLEBALL</b> 9:30-10:00 AM (1 court)		<b>PICKLEBALL</b> 6:30-9:00 AM (3 courts)			
<b>OPEN GYM</b> (1/2 GYM) 7:00 AM-10:00 AM	<b>OPEN GYM</b> (1/2 GYM) 9:30-11:00 AM	<b>TRX CIRCUIT</b> 9:00-9:45 AM	<b>OPEN GYM</b> (1/2 GYM) 9:45-10:10 AM	<b>TRX CIRCUIT</b> 9:00-9:45 AM	<b>PICKLEBALL</b> 9:30-10:00 AM (1 court)	<b>Jr Cavs Basketball League</b> 8:30-2:00 PM
			<b>BOOM MUSCLE®</b> 10:15-10:45 AM			
<b>OPEN GYM</b> 10:00-5:45 PM  *1/2 Gym may be used for Birthday parties from 11:00-5:00 pm.  App will reflect any schedule changes.	<b>BOOM MUSCLE®</b> 10:15-10:45 AM	<b>BOOM MOVE</b> 10:00-10:30 AM	<b>OPEN GYM</b> (1/2 GYM) 11:00-12:45 AM	<b>BOOM MOVE</b> 10:00-10:30 AM	<b>SILVERSNEAKERS CIRCUIT</b> 10:00-10:45 AM	<b>OPEN GYM</b> 2:00-7:45 PM
	<b>OPEN GYM</b> 11:00-1:30 PM	<b>SILVERSNEAKERS CIRCUIT</b> 10:45-11:30 AM	<b>SILVERSNEAKERS CLASSIC</b> 11:00-11:45 AM	<b>SILVERSNEAKERS CIRCUIT</b> 10:45-11:30 AM	<b>SILVERSNEAKERS STABILITY</b> 11:00-11:30 AM	
		<b>CORE &amp; RESTORE</b> 11:45-12:30 PM	<b>LINE DANCING</b> 12:00-12:45 PM	<b>CORE &amp; RESTORE</b> 11:45-12:30 PM	<b>OPEN GYM</b> (1/2 GYM) 11:00 AM-12:00 PM	
	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>OPEN GYM</b> 12:30-1:30 PM	<b>OPEN GYM</b> 12:45-1:30 PM	<b>OPEN GYM</b> 12:30-1:30 PM	<b>OPEN GYM</b> 12:00-1:30 PM	<b>OPEN GYM</b> 12:00-1:30 PM  *1/2 Gym may be used for Birthday parties from 2:00-5:00 pm.  *Second Saturday of the month Open Gym will be restricted to 1/2 Gym from 4:30-7:30 pm due to Kids Night Out.  App will reflect any schedule changes.
	<b>OPEN GYM</b> 3:00-4:30 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>PICKLEBALL FOR BEGINNERS (non-instructional)</b> 1:30-3:00 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>OPEN GYM</b> 3:00-5:00 PM	
	<b>TRX CIRCUIT</b> (1/2 GYM) 4:30-5:15 PM	<b>OPEN GYM</b> 3:00-5:30 PM	<b>OPEN GYM</b> 3:00-5:30 PM	<b>OPEN GYM</b> 3:00-5:00 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	
	<b>OPEN GYM</b> (1/2 GYM) 4:30-8:00 PM	<b>PRESCHOOL BASKETBALL</b> (1/2 GYM) 5:30pm-6:15 PM	<b>Jr Cavs Basketball Practices</b> (1/2) GYM 5:30pm-8:30 PM	<b>Jr Cavs Basketball Practices</b> (1/2) GYM 5:30pm-8:30 PM	<b>OPEN GYM</b> 3:00-8:00 PM	
	<b>ADULT/FAMILY OPEN GYM*</b> (1/2 GYM) 8:00-8:30 PM	<b>YOUTH FLOOR HOCKEY</b> (1/2 GYM) 6:30pm-7:15 PM			<b>ADULT/FAMILY OPEN GYM*</b> 8:00 PM-9:45 PM	
	<b>Jr Cavs Basketball Practices</b> (1/2) GYM 5:30pm-8:30 PM	<b>Jr Cavs Basketball Practices</b> (1/2) GYM 5:30pm-8:30 PM	<b>VOLLEYBALL LEAGUE (Recreational)</b> (1/2 GYM) 5:30-9:00 PM	<b>VOLLEYBALL LEAGUE (Competitive)</b> (1/2 GYM) 5:00-9:30 PM	*First Friday of the month Open Gym will be restricted to 1/2 Gym from 6:00-9:00 pm due to Parents Night Out.	
<b>ADULT/FAMILY OPEN GYM*</b> 8:30-9:45 PM	<b>PICKLEBALL*</b> 8:30-9:45 PM (3 Courts)	<b>ADULT/FAMILY OPEN GYM*</b> (1/2 GYM) 8:30-9:45 PM	<b>ADULT/FAMILY OPEN GYM*</b> (1/2 GYM) 8:30-9:45 PM			

\* Denotes that members must be 19+ to utilize space. Any member under the age of 19 must be accompanied by their legal guardian. Half Gym may be closed due to class size.