



We build strong kids, strong families, strong communities.

Winona YMCA Gymnasium Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
	Big	Small	Big	Small	Big	Small	Big	Small	Big	Small	Big	Small			
6:00am	6-7am Early	4:30-9am	6-7am Early	4:30am-	4:30-8:20am	4:30-9am	6-7am Early	4:30am-	4:30-8:20am	4:30-9am	5:30am-	5:30am-			
6:30	Bird Aerobics	open gym	Bird Hoops	9:30pm	open gym	open gym	Bird Hoops	9:30pm	open gym	open gym	7:00pm	7:00pm			
7:00	7-8:20am	↓	7-8:20am	open gym	↓	↓	7-8:20am	open gym	↓	↓	open gym	open gym			
7:30	open gym		8:20-9:30am	8:20-9:30am			8:20-9:30am	8:20-9:30am			8:20-9:30am	8:20-9:30am	8:20-9:30am	8:20-9:30am	9-11am
8:00				↓				↓			↓	↓			
8:30	8:20-9:30am		8:20-9:30am		8:20-9:30am		8:20-9:30am		8:20-9:30am						
9:00	Summer Escape	9-11am	Summer Escape		Summer Escape	9-11am	Summer Escape	9-11am	Summer Escape	9-11am	Adult Rec	Adult Rec			
9:30	9:30-11:30am	Adult Rec	9:30-11:30am		9:30-11:30am	Adult Rec	9:30-11:30am	Adult Rec	9:30-11:30am	Adult Rec	Volleyball	Volleyball			
10:00	open gym	Volleyball	open gym		open gym	Volleyball	open gym	open gym	open gym	open gym					
10:30															
11:00		11am-9:30pm				11-9:30pm					11-9pm	11-9pm			
11:30	11:30-1:30pm	open gym	11:30-1:30pm		11:30-1:30pm	open gym	11:30-1:30pm		11:30-1:30pm		open gym	open gym			
12:00pm	Adult	↓	Adult		Adult	↓	Adult	↓	Adult	↓	Adult	Adult			
12:30	Basketball		Basketball	Basketball	Basketball		Basketball		Basketball		Basketball	Basketball	Basketball	Basketball	Basketball
1:00															
1:30	1:30-5:00pm		1:30-5:00pm		1:30-5:30pm		1:30-5:30pm		1:30-5:30pm						
2:00	open gym		open gym		open gym		open gym		open gym						
2:30	↓		↓		↓		↓		↓						
3:00															
3:30															
4:00															
4:30															
5:00	5-9:30pm				5:30-7pm				5:30-9:00pm						
5:30	5on5				Adult mens				Adult mens						
6:00	Basketball				pickup				pickup						
6:30	June 1 -				7-9:30pm										
7:00	July 27				open gym										
7:30															
8:00					↓										
8:30															
9:00															
9:30	9:30 pm CLOSED		9:30 pm CLOSED		9:30 pm CLOSED		9:30 pm CLOSED		9pm CLOSED		7pm CLOSED				

In case of inclement weather, summer youth programs may need to use the gyms and will take precedence over other programs
 Gym schedules can change based on directors discretion, please call ahead for availability. 454-1520
 On the web www.winonafamilyymca.com

