



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 2023 GYM SCHEDULE

CARLISLE FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-12pm Member Rec	5-10am Pickleball	5am-12pm Member Rec	5-10am Pickleball	5am-12pm Member Rec		
	10am-12pm Member Rec		10am-12pm Member Rec		7am-12pm Member Rec	10am-12pm Member Rec
					12-2pm Full Court Play	12-2pm Full Court Play
12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED	12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED	12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED	12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED	12-2pm Noon-time Hoops (19 & over) NO GUESTS PERMITTED	2-4:30pm Member Rec (No Full Court)	2-3:30pm Member Rec (No Full Court)
2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	2-3pm Member Rec	*PLEASE NOTE: The Gym will be closed September 4-10 so we can refinish the floor. It will reopen on Monday, September 11.	
3-5:30pm Youth Rec (18 & under)	3-5:30pm Youth Rec (18 & under)	3-5:30pm Youth Rec (18 & under)	3-5:30pm Youth Rec (18 & under)	3-6pm Youth Rec (18 & under)		
5:30-7:30pm Member Rec	5:30-7:30pm Member Rec	5:30-7:30pm Member Rec	5:30-7:30pm Member Rec	6-7:30pm Member Rec	Available Gym Rental Times: Fri —7-8:30pm Sun —10-11:30am Building Hours: Mon-Fri —5am-9pm Sat —7am-5pm Sun —10am-4pm	
7:30-8:30pm Adult/Teen Full Court (13 & up)	7:30-8:30pm Adult/Teen Full Court (13 & up)	7:30-8:30pm Adult/Teen Full Court (13 & up)	7:30-8:30pm Adult/Teen Full Court (13 & up)	7:30-8:30pm Adult/Teen Full Court (13 & up)		

*Gym closes 30 minutes before the building closes every night for cleaning.

Member Rec — For use by members of all ages. Games are limited to half court unless low numbers allow full court.

Youth Rec — For use by youth ages 18 and under. Games are limited to half court unless low numbers allow full court.

Adult/Teen Full Court — Full court play. Pick-up format.

CARLISLE FAMILY YMCA

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