



# July Gym Schedule

Revised on:  
June 30, 2024

Corpening Memorial YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-8:00 am	Open Gym 5:30-11:15 a.m.	Open Gym 5:30-8:00 a.m.	Open Gym 5:30 a.m.-11:15 a.m.	Group Exercise 5:30-8:00 a.m.	Pickle Ball 8:00-10:00 a.m. Half Gym	Adult Basketball League 1-5:00 p.m.
Pickleball 8:00-11:00 a.m	Iron Sharpens Iron 11:15 a.m.-12:30 p.m.	Pickleball for Beginners 8:00-9:30 a.m. Adult Pick Up B-Ball 12:00-2:00 p.m.		Pickleball 8:00-11:00 a.m. Adult B-Ball 12-2 p.m.		
Open Gym 11 a.m.-3:30pm	Open Gym 12:30 p.m.—5:00 p.m.	Open Gym 2-3:30 p.m.	Iron Sharpens 11:15-12:30 p.m.	Open Gym 2-3:30 p.m.	Open Gym 10:00 a.m.-4:00 p.m.	
Iron Sharpens Iron 3:30-4:30 p.m	Adult Pick Up B-Ball (Front Half of Gym) 5:00 p.m.—7:00 p.m.		Open Gym 12:30-5 p.m.			
Open Gym 4:30-8:50 p.m.	Open Gym 7:00 p.m.—8:50 p.m.	Iron Sharpens Iron 3:30-4:30 p.m.	Adult Pick-Up Basketball 5-7:00 p.m.	Iron Sharpens Iron 3:30-4:30 p.m.		
		Adult Futsal 5:00-9:00 p.m.	Open Gym 7-8:50 p.m.	Open Gym 4:30-8:50 p.m.		

### AGE GUIDELINES

- Ages 9 and under: Must be under direct supervision.
- Ages 10-12: Must be under direct supervision in certain areas of the building.
- Ages 13-15: May be in the building without supervision, after completing an orientation.
- Ages 16+: Full facility use; teen orientation encouraged, but not required.

PLEASE REMEMBER THAT OUR GYM IS SHARED BY PROGRAMS, CLASSES, FAMILIES, AND ALL MEMBERS.  
SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.