



# July Gym Schedule

Revised on:  
July 12, 2024

Reuter Family YMCA- July 15-21 & July 27-31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30a.m.- 6:00a.m.	Athletic Conditioning 5:45a.m.- 6:30a.m.	Open Gym 5:30a.m.- 6:00a.m.		Open Gym 5:30a.m.- 6:00a.m.		
Adult Pick Up (18+) 6:00a.m.- 7:30a.m.	Open Gym 6:30a.m.- 10:00a.m	Adult Pick Up (18+) 6:00a.m.- 7:30a.m.	Open Gym 5:30a.m.- 10:00a.m	Adult Pick Up (18+) 6:00a.m.- 7:30a.m.	Open Gym 7:00a.m.- 10:00a.m.	
Open Gym 7:30a.m.- 10:00a.m.		Open Gym 7:30a.m.- 10:00a.m.		Open Gym 7:30a.m.- 10:00a.m.		
Pickleball 10:00a.m.- 12:30p.m.	Pickleball 10:00a.m.- 12:30p.m.	Pickleball for Beginners 10:00a.m.- 12:30p.m.	Pickleball 10:00a.m.- 12:30p.m.	Pickleball 10:00a.m.- 12:30p.m.	Pickleball 10:00a.m.- 12:30p.m.	
Open Gym 12:30p.m.- 4:30p.m.	Open Gym 12:30p.m.- 8:45p.m.	Open Gym 12:30p.m.- 8:45p.m.	Open Gym 12:30p.m.- 8:45p.m.	Open Gym 12:30p.m.- 8:45p.m.	Open Gym 12:30p.m.- 6:45p.m.	Open Gym 11:00 a.m.-5:45 p.m.
Volleyball Clinic 4:30p.m.- 7:15p.m.						
Open Gym 7:15p.m.- 8:45p.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.