



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Alamance County YMCA

## Gym 1 | FALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM - 8PM	OPEN GYM 5:30AM - 8PM	OPEN GYM 5:30AM - 8PM	OPEN GYM 5:30AM - 6PM  CLOSED FOR ADULT BASKETBALL LEAGUE 6PM-8PM	OPEN GYM 5:30AM - 8PM	OPEN GYM 7AM - 5PM	OPEN GYM 1PM - 5PM

Schedule  
is subject  
to change

For a better us.

Stay tuned for basketball  
registration information!





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## Gym 2 | FALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 5:30AM – 6PM  CLOSED FOR ADULT BASKETBALL LEAGUE 6PM-8PM	OPEN GYM 5:30AM – 8PM	OPEN GYM 7AM – 5PM	OPEN GYM 1PM – 5PM

Schedule  
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## Gym 4 | FALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	SPORTS PROGRAM 7AM – 1PM	PICKLEBALL OPEN PLAY 1PM – 5PM
PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM		
OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 1PM – 5PM	Schedule is subject to change
AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM		
SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM		

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# Alamance County YMCA

## Gym 5 | FALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	OPEN GYM 5:30AM – 8AM	SPORTS PROGRAM 7AM – 1PM	PICKLEBALL OPEN PLAY 1PM – 5PM
PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM	PICKLEBALL OPEN PLAY 8AM-12PM		
OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 12PM-3PM	OPEN GYM 1PM – 5PM	Schedule is subject to change
AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM	AFTERSCHOOL PROGRAM 3PM – 6PM		
SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM	SPORTS PROGRAM 6PM – 8PM		

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