

SUMMERVILLE FAMILY YMCA – September 6 - September 30 Ponds Gymnasium Schedule

Aerobics and Childwatch are available for reservation online through our "Community Connect" App. Our code is: summervilleymca

Member
Aerobics
Programming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00AM	5AM-10AM	5AM-10AM	5AM-10AM	5AM-10AM	5AM-9AM									
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7AM -9AM								
8:00AM						Open Gym								
9:00AM						9AM - 10AM	9AM - 1PM							
10:00AM						10AM - 11:30AM	10AM - 11:30AM	10AM - 11:30AM	10AM-11:30AM	10AM-5:30PM				
11:00AM	Open Gym	Pickleball	Zumba Toning Heidi	Open Gym	Zumba Heidi	Open Gym	Zumba Toning Brae	Open Gym	Open Gym	Youth Sports				
12:00PM	11:30AM - 5:30PM		11:30 - 12pm Closed		11:30AM - 1PM		11:30 - 12pm Closed		11:30AM - 1PM					
1:00PM	12-1PM		Open Gym		Pickleball		12-1PM		Open Gym		Pickleball	12PM - 1PM		
	Silver Sneakers Tracy						Silver Sneakers Tracy					Family Only Open Gym		
	1PM-5:30PM		1PM - 5PM		1PM-5:30PM		1PM - 5PM					1PM - 5PM		
2:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		Open Gym	Open Gym		
3:00PM													3PM - 5PM	Open Gym
4:00PM														
5:00PM														
6:00PM	5:30PM - 7:30PM	5:30PM - 7:30PM	5:30PM - 7:30PM	5:30PM - 7:30PM	5:30PM - 8PM									
7:00PM	Youth Sports	Youth Sports	Youth Sports	Youth Sports	Youth Sports									
	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM									
	Open Gym	Open Gym	Open Gym	Youth Sports	Open Gym	Open Gym								
8:00PM	FACILITY CLOSSES AT 8PM													

Schedule is subject to change due to inclement weather