

SUMMERVILLE FAMILY YMCA – November 1 - 14 Ponds Gymnasium Schedule

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

Member
Aerobics
Programming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00AM	5AM-10AM	5AM-8AM	5AM-9AM	5AM-8AM	5AM-9AM				
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7AM - 9AM			
8:00AM		8AM-9AM		8AM-9AM					
9:00AM		Open Gym		Spin and Strength Tracy		Open Gym	Spin and Strength Lucinda	Open Gym	
10:00AM		9AM-10AM		9AM-10AM		9AM-10AM	9AM - 10AM	9AM - 3PM	
10:00AM	10AM - 11:30AM	10AM - 11:30AM	10AM - 11:30AM	10AM-11:30AM	10AM-5:30PM	Youth Sports			
11:00AM	Open Gym	Pickleball	Zumba Toning Heidi	Open Gym	Zumba Toning Brae		Open Gym		
12:00PM	11:30AM - 5:30PM	11:30 - 12pm Closed	11:30AM - 1PM	11:30 - 12pm Closed	11:30AM - 1PM				
1:00PM	Open Gym	12-1PM	Open Gym	Pickleball	12-1PM		Open Gym	Pickleball	
2:00PM		Silver Sneakers Tracy		Silver Sneakers Brae				12PM - 1PM	
3:00PM		1PM-5:30PM	1PM - 5PM	1PM-5:30PM	1PM - 5PM			1PM - 5PM	
4:00PM		Open Gym	Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym
5:00PM	5:00PM - 5:30PM								
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				
8:00PM	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM	7:30PM - 8PM				
8:00PM	Open Gym	Open Gym	Open Gym	Youth Sports	Open Gym	Open Gym			

FACILITY CLOSSES AT 8PM

Schedule is subject to change due to inclement weather