



New Hope YMCA

# GYM SCHEDULE

April 1st - June 1st

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym
Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		Drop-in Open Gym 5:00am-6:30am		CLOSED		CLOSED	
Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am	Drop-in Open Gym 6:30am-5:00pm	Childcare Programs 6:30am-5:00pm	Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am	Drop-in Open Gym 6:30am-5:00pm	Childcare Programs 6:30am-5:00pm	Drop-in Open Gym 6:30am-9:30am	Childcare Programs 6:30am-9:30am	7:00am-4:30pm Drop-in Open Gym	7:00am-2:30pm Drop-in Open Gym		
Childcare Programs 9:30am-10:30am				Childcare Programs 9:30am-10:30am				Childcare Programs 9:30am-10:30am					
Drop-in Pickleball 10:30am-1:30pm				Drop-in Pickleball 10:30am-1:30pm				Drop-in Pickleball 10:30am-1:30pm					
Drop-in Open Gym 1:30pm-5:00pm	Childcare Programs 1:30pm-5:00pm			Drop-in Open Gym 1:30pm-5:00pm	Childcare Programs 1:30pm-5:00pm			Drop-in Open Gym 1:30pm-5:00pm	Childcare Programs 1:30pm-5:00pm			Drop-in Open Gym 1:30pm-5:00pm	Childcare Programs 1:30pm-5:00pm
Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		Drop-in Open Gym 5:00pm-8:30pm		4:30pm-5:00pm Closed		4:30pm-5:00pm Closed	
8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		8:30pm-9:00pm Closed		CLOSED	CLOSED	CLOSED	CLOSED

April 28th  
Last Updated: 2025