S

New Hope YMCA

GYM SCHEDULE

Nov 10th - Dec 31st

	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	
5:00 5:30 6:00 6:30	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	
7:00 7:30 8:00 8:30 9:00	Drop-in Open Gym 6:30am -	Childcare Programs 6:30am- 9:30am			Drop-in Open Gym 6:30am - 9:30am	Childcare Programs 6:30am- 9:30am			Drop-in Open Gym 6:30am - 9:30am	Childcare Programs 6:30am- 9:30am	7:00am- Drop-in C			
9:30 10:00 10:30 11:00	Childcare Programs 9:30am- 10:30am Drop-in Pickleball 10:30am- 1:30pm		Drop-in Open Gym 6:30am- 5:00pm	Childcare Programs 6:30am- 5:00pm	Childcare Programs 9:30am- 10:30am Drop-in Pickleball 10:30am- 1:30pm		Drop-in Open Gym 6:30am- 5:15pm	Childcare Programs 6:30am- 515pm	Childcare Programs 9:30am- 10:30am Drop-in Pickleball 10:30am- 1:30pm		Drop-in Pickleball 9:30am- 11:30am		7:00am-2:30pm Drop-in Open Gym	
11:30 12:00 12:30 1:00														
1:30 2:00 2:30	Dron-in Onen	Childcare			Drop-in Open	Childcare			Drop-in Open	Childcare	11:30am Drop-in O			
3:00 3:30 4:00 4:30	Gym 1:30pm-	Programs 1:30pm- 5:00pm			Gym 1:30pm- 5:00pm	Programs 1:30pm- 5:00pm			Gym 1:30pm- 5:00pm	Programs 1:30pm- 5:00pm			2:30pm-4:30pm Family Gym	
5:00 5:30 6:00 6:30 7:00 7:30	Drop-in Open Gym 5:00pm- 8:30pm		Drop-in Open Gym 5:00pm- 8:30pm		Drop-in Open Gym 5:00pm- 8:30pm		Boys Basketball Practice 5:30pm - 8:30pm		Drop-in Open Gym 5:00pm- 8:30pm		4:30pm-5:0	Opm Closed CLOSED	4:30pm-5:00 CLOSED	Opm Closed CLOSED
8:00 8:30 9:00	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					

Dates Closed:

Saturday Dec 6th 12:00pm - 5pm Friday Dec 19th - Closed at 7:30pm Saturday Dec 20th - All Day Last Updated:

12/5/2025