



HAL WELSH EAST AREA FAMILY YMCA

GYM SCHEDULE

JANUARY 1ST – JANUARY 31ST

Schedule subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| 12:00pm-3:00pm Open Basketball Court 1 | 12:00pm-3:00pm Open Basketball Court 1 | 10:00am - 12:00pm **Group Ex Class** Court 1 | 12:00pm-3:00pm Open Basketball Court 1 | 10:30am-11:30am **Group Ex Class** Court 1 | 7:00am-11:00am Open Basketball Court 1 |
| 9:00am-12:00pm Pickleball Court 2 | 9:00am-12:00pm Pickleball Court 2 | 12:00pm-3:00pm Open Basketball Court 1 | 9:00am-12:00pm Pickleball Court 2 | 12:00pm-3:00pm Open Basketball Court 1 | 11:30am-12:30pm **Group Ex Class** Court 1 |
| 11:00am-12:00pm *UPK GYM TIME* Court 3 | 10:30am-11:00am **Kinder Ninja** Courts | 9:00am-12:00pm Pickleball Court 2 | 10:15am-10:45am **Kinder Soccer** Court 1 | 9:00am-12:00pm Pickleball Court 2 | 9:00am-1:30pm **Jr. NBA LEAGUE** Court 2 & 3 |
| 12:00pm-2:00pm **HOMESCHOOL** Court 3 | 10:30am-11:00am *UPK GYM TIME* Court 3 | 11:00am-12:00pm *UPK GYM TIME* Court 3 | 11:00am-12:00pm *UPK GYM TIME* Court 3 | 11:00am-12:00pm *UPK GYM TIME* Court 3 | |
| 5:30pm-6:00pm **Kinder Karate** Sport Courts 5&6 | | | 11:15am-12:45pm **HOMESCHOOL** Court 3 | 10:15am-10:45am **Kinder Basketball** Court 1 | 8:00am-11:00am Open Basketball Court 1 |
| 6:00-8:00pm **Karate Academy** Sport Court 5&6 | 5:15pm-5:45pm **Kinder Basketball** Court 2 | 5:00pm-7:45pm **Basketball Academy** Court 2 | 5:15pm-8:00pm **Flag Football Academy** Court 2 | 11:15am-11:45am **Kinder Sports** Courts | 9:00am-12:00pm Pickleball Court 2 |
| 6:00pm-9:00pm Open Volleyball Court 3 | 6:00pm-7:45pm **Soccer Academy** Court 2 | | | 5:00pm-8:00pm **Volleyball Academy** Court 2 | 12:00pm-3:30pm Open Badminton Court 3 |
| 6:30pm-9:00pm Open Ping Pong Sport Court 2&3 | 6:00pm-9:00pm Open Badminton Court 3 | 6:00pm-9:00pm **Volleyball League** Court 3 | 6:00pm-9:00pm Open Badminton Court 3 | | 3:30pm-6:00pm Open Volleyball Court 3 |
| 4:00pm-9:00pm **1 on 1 Training ** Sport Courts | 4:00pm-9:00pm ** 1 on 1 Training ** Sport Courts | 4:00pm-9:00pm ** 1 on 1 Training ** Sport Courts | 4:00pm-9:00pm ** 1 on 1 Training ** Sport Courts | 4:00pm-9:00pm ** 1 on 1 Training ** Sport Courts | 9:00am-6:00pm ** 1 on 1 Training ** Sport Courts |

Hal Welsh East Area Family YMCA

200 Towne Drive
Fayetteville NY 13066
315-637-2025

HOURS OF OPERATION

- Mon-Fri: 5:30am-9:00pm
- Sat: 6:00am-6:00pm
- Sun: 8:00am-6:00pm

NOTES:

- Courts may be used when not otherwise scheduled
- **Indicates Paid Program**