GYM SCHEDULE

FALL 2026

North Area Family YMCA
4775 Wetzel Rd Liverpool, NY 13090

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym A	**Gym A**	**Gym A**	**Gym A**	**Gym A**	**Gym A**	**Gym A**
Pick Up 8am-10am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30am - 7:30AM	Open 6am-8:45am
Open 10am-12pm	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 7:30AM - 9AM	*Kinder Basketball 8:45am-9:30am
	Open 11am-1pm	Open 11am-3pm	Open 11am-1pm	Open 11am-3pm	*Kinder Sports *UPK 9AM - 1PM	*Kinder Soccer 9:45am-10:15am
	UPK 12pm-1pm		UPK 12pm-1pm			
	*E.L.C 3pm-4pm	*E.L.C 3pm-4pm	*E.L.C 3pm-4pm	*E.L.C 3pm-4pm	*E.L.C 3pm-4pm	
Pickleball 12pm-3pm	Open 4pm-6pm	Open 4pm-5:15pm	Open 4pm-5:15pm	Open 4pm-6pm	Open 4pm-6pm	Open 10:15am-3pm
	*Basketball Acadmey 6pm-8pm	*Karate 5:15pm-7pm	*Soccer Academy 5:15pm-6:15pm	*Speed Academy 5pm-6pm	Pick Up 6pm-9pm	
	Open 8pm-9pm	Open 7pm-9pm	Open 6:15pm-9pm	*Member Basketball 6pm-9pm		
Gym B	**Gym B**	**Gym B**	**Gym B**	**Gym B**	**Gym B**	**Gym B**
Pick Up 8am-10am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30am-8am	Open 5:30AM - 7:30AM	Open 6am-3pm
Open 10AM - 12PM	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 8am-11am	Pickleball 7:30AM - 9AM	
	Open 11am-6pm	Open 11am-5:15pm	Open 11am-5:15pm	Open 11am-6pm	Open 9AM - 12PM	
					CLEANING 12 - 1	
Pickleball 12pm-3pm	*Basketball Acadmey 6pm-8pm	*Karate 5:15pm-7pm	*Soccer Academy 5:15pm-6:15pm	*Member Basketball 6pm-9pm	Open 1PM - 6PM	
	Open 8pm-9pm	Open 7pm-9pm	Open 6:15pm-9pm		Pick Up 6pm-9pm	

* Program Is Registration Only

*Please note that availability is subject to change due to weather as some programs and camps will be moved inside.

***Gym will be closed for Birthday Parties and Other Special Events**