



# GYMNASIUM SCHEDULE

ROSE E. SCHNEIDER FAMILY YMCA

Maria DiMartin, Youth & Family Director  
resysports@bcfymca.org

## Spring 2026 | March 2nd - May 31st

|   | SUNDAY  |   | MONDAY  |  | TUESDAY   |   | WEDNESDAY                                       |   |   |   |   |   |   |   |   |
|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|
|   | CT A  | CT B  | CT A  | CT B   | CT A  | CT B  | CT A  | CT B                                      |   |   |   |   |   |   |   |
| 5:30  | CLOSED  |   | <b>Open Gym</b><br>5:30AM-8:45AM                | <b>Open Gym</b><br>5:30AM-7:25AM   | <b>Open Gym</b><br>5:30AM-8:45AM                | <b>Open Gym</b><br>5:30AM-7:25AM                | <b>Open Gym</b><br>5:30AM-9:15AM                | <b>Open Gym</b><br>5:30AM-7:25AM          |   |   |   |   |   |   |   |
| 6:00  |   |   |   | Program Set-Up<br>7:25AM-7:30AM  |   | Program Set-Up<br>7:25AM-7:30AM                 |   | Program Set-Up<br>7:25AM-7:30AM           |   |   |   |   |   |   |   |
| 6:30  |   |   |   | Pickleball<br>8:00AM-12:30PM   |   | Pickleball<br>Open Play<br>7:30AM-3:00PM        |   | Pickleball<br>Open Play<br>7:30AM-3:00PM  |   |   |   |
| 7:00  |   |   |   |  |   |   |   |   |   |   |   |   | Program Set-Up<br>8:45AM-9:00AM           | Program Set-Up<br>8:45AM-9:00AM           | Program Set-Up<br>8:45AM-9:00AM               |
| 7:30  |   |   |   |  |   |   |   |   |   |   |   |   | Land Group<br>Exercise<br>9:00AM-10:45AM  | Land Group<br>Exercise<br>9:00AM-10:45AM  | Land Group<br>Exercise<br>9:00AM-10:45AM      |
| 8:00  | Program Set-Up<br>9:15AM-9:30AM                 | Program Set-Up<br>9:15AM-9:30AM                 | Program Set-Up<br>9:15AM-9:30AM                 |  |   |   |   |   |   |   |   |   |   |   |   |
| 8:30  | <b>Open Gym*</b><br>8:00AM-3:00PM               | <b>Open Gym</b><br>12:30PM-3:00PM               | <b>Open Gym</b><br>10:45AM-7:00PM               | <b>Open Gym</b><br>12:00PM-5:30PM  | <b>Open Gym</b><br>11:00AM-4:00PM               | <b>Open Gym</b><br>12:00PM-4:45PM               | <b>Open Gym</b><br>3:00PM-10:00PM               |   |   |   |   |   |   |   |   |
| 9:00  |   |   |   |  |   |   |   | Program Set-Up<br>10:45AM-11:00AM         | Program Set-Up<br>10:45AM-11:00AM         | Program Set-Up<br>10:45AM-11:00AM         |   |   |   |   |   |
| 9:30  |   |   |   |  |   |   |   | Playful<br>Connections<br>11:00AM-12:00PM |   |
| 10:00   |   |   |   |  |   |   |   |   |   |   |   |   |   |   | Youth Hockey<br>& Gymnastics<br>4:00PM-7:15PM |
| 10:30   |   |   |   |  |   |   |   | Youth Volleyball<br>5:00PM-8:30PM         |   |
| 11:00   | Pickleball<br>Open Play<br>7:30PM-9:00PM        | Pickleball<br>Open Play<br>7:30PM-9:00PM        | Pickleball<br>Open Play<br>7:30PM-9:00PM        | Pickleball<br>Open Play<br>7:30PM-9:00PM   | Pickleball<br>Open Play<br>7:30PM-9:00PM        | Pickleball<br>Open Play<br>7:30PM-9:00PM        | Pickleball<br>Open Play<br>7:30PM-9:00PM        |   |   |   |   |   |   |   |   |
| 11:30   |   |   |   |  |   |   |   | <b>Open Gym</b><br>9:00PM-10:00PM         |   |
| Noon  | Program Set-Up<br>4:45PM-5:00PM                 | Program Set-Up<br>4:45PM-5:00PM                 | Program Set-Up<br>4:45PM-5:00PM                 | Program Set-Up<br>4:45PM-5:00PM  | Program Set-Up<br>4:45PM-5:00PM                 | Program Set-Up<br>4:45PM-5:00PM                 | Program Set-Up<br>4:45PM-5:00PM                 |   |   |   |   |   |   |   |   |
| 12:30   |   |   |   |  |   |   |   | Youth Basketball<br>4:00PM-7:30PM         |   |
| 1:00  | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28  | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 | Adult Volleyball*<br>6:00PM-9:30PM<br>ENDS 4/28 |   |   |   |   |   |   |   |   |
| 1:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/5 - 5/26 |   |
| 2:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 2:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 3:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 3:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 4:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 4:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 5:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 5:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 6:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 6:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 7:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 7:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 8:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 8:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| 9:00  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25  | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25       |   |   |   |   |   |   |   |   |
| 9:30  |   |   |   |  |   |   |   | Open Gym*<br>7:00PM-10:00PM<br>5/4 - 5/25 |   |
| <b>*When Birthday Parties or Special Events are not scheduled, court is available for Open Gym.</b> |   |   |   | <b>Gym Guidelines &amp; Open Gym Rules</b><br><ul style="list-style-type: none"> <li>• Anyone in the gym will follow guidelines and rules posted in the gymnasium               <ul style="list-style-type: none"> <li>• The intentional destruction of Y property will not be tolerated.</li> </ul> </li> <li>• Baseball, Softball, Lacrosse, Hockey, Racquet Sport play/practice is not permitted.               <ul style="list-style-type: none"> <li>• Youth 7 and younger must be accompanied by an adult.</li> <li>• Full Court play may be restricted when only one court is open.</li> </ul> </li> </ul> <b>NO FOOD, DRINKS, OR GUM allowed in the gym.</b> |   |   |   |   |   |   |   |   |   |   |   |

