



# SUMTER FAMILY YMCA UPPER GYM

## April 2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday		Tuesday & Thursday		Friday		Saturday		Sunday	
Y Court	A Court	Y Court	A Court	Y Court	A Court	Y Court	A Court	Y Court	A Court
4:00 am - 6:00 am Open Gym		4:00 am - 1:00 pm Open Gym		4:00 am - 5:45 am Open Gym		6:30 am - 9:30 am Open Gym			
5:45 am - 6:45 am Functional Fitness				5:45 am - 6:45 am Functional Fitness					
7:00 am - 4:00 pm Open Gym		1:00 pm - 3:00 pm Pickleball		7:00 am - 4:00 pm Open Gym		9:30 am - 10:30 am Boot Camp			
						10:30 am - 5:00 pm Open Gym			
4:00 pm - 4:30 pm Swim Team		3:00 pm - 6:30 pm Open Gym		4:00 pm - 4:30 pm Swim Team		1:00 pm - 5:00 pm Open Gym			
4:30 pm - 9:00 pm Open Gym		6:30 pm - 7:30 pm Boot Camp		4:30 pm - 5:30 pm Open Gym					
		7:30 pm - 8:45 pm Adult Volleyball (Half Court)		5:30 pm - 6:30 pm Boot Camp					
7:30 pm - 9:00 pm Open Gym		7:30 pm - 9:00 pm Open Gym							

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.