



SUMTER FAMILY YMCA UPPER GYM

NOVEMBER 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am - 5:45 pm	Open Gym 5:30 am - 5:45 pm	Open Gym 5:30 am - 5:45 pm		
			Open Gym 6:30 - 9:00 am	
Church League Games 9:00 am - 12:00 pm				
Men's League Games 12:00 - 2:00 pm	Open			
Open Gym 2:00 - 4:45 pm				
Church League Practice 6:00 - 8:00 pm	Church League Practice 6:00 - 8:00 pm	Church League Games 6:00 - 7:45 pm	Times are subject to change based on program needs. General use of the area is permitted during down times.	
Open Gym 8:00 - 8:45 pm	Open Gym 8:00 - 8:45 pm			

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