



# SUMTER FAMILY YMCA UPPER GYM

January 2023

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday & Wednesday                    | Tuesday & Thursday                    | Friday                        | Saturday                                  | Sunday |
|---------------------------------------|---------------------------------------|-------------------------------|---|--------|
| Open Gym<br>5:30 am - 5:15 pm         | Open Gym<br>5:30 am - 6:15 pm         | Open Gym<br>5:30 am - 7:45 pm | Open Gym<br>6:30 - 9:00 am                |        |
| Church League Practice<br>5:30-8:30pm | Church League Practice<br>6:30-8:30pm |                               | Church League Games<br>9:00 am - 12:00 pm |        |
|                                       |                                       |                               | Open Gym<br>2:00 pm - 4:45 pm             |        |
| Open Gym<br>8:30 - 8:45 pm            | Open Gym<br>8:30 - 8:45 pm            |                               |   |        |

Times are subject to change based on program needs.  
General use of the area is permitted during down times.