



SUMTER FAMILY YMCA UPPER GYM

MAY 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Open Gym 5:30 am - 1:00 pm	Open Gym 5:30 am - 1:00 pm	Open Gym 5:30 am - 7:45 pm		
Pickleball 1:00-3:00 pm (WEDNESDAY)	Pickleball 1:00 - 3:00 pm		Open Gym 6:30 - 4:45 pm	
Open Gym 3:00 -8:45 pm	Open Gym 3:00 - 8:45 pm			Open

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

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

Gym Hours: The upper and lower gym will close 15 mins prior to the building closing