Valley Shore YMCA
Gymnasium Schedule

Effective 09/06/2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 5:00-8:30a	**Open Gym** 5:00-7:45a	**Open Gym** 5:00-7:45a	**Open Gym** 5:00-8:45a	**Open Gym** 5:00-7:45a	
Open Gym **7**:00-8:15a	**GroupEx Classes** 9:00-11:15a	**GroupEx Classes** 8:00-11:00a	**GroupEx Classes** 8:00-11:15a	**GroupEx Classes** 9:00-11:00a	**GroupEx Classes** 8:00-11:00a	**Open Gym** 7:00-8:30a
GroupEx Classes 8:30-10:00a		**Open Gym** 11:15-12:30p		**Open Gym** 11:15-12:30p		**GroupEx Classes** 8:45-10:00a
Open Gym 10:00-11:30a	**Adult Basketball** 12:00-2:00p	**Specialty Program** 1:00-2:00p	**Adult Basketball** 12:00-2:00p	**Specialty Program** 1:00-2:00p	**Adult Basketball** 12:00-2:00p	
Gym Rental ($) 11:30-12:30p	**Open Gym** 2:00-5:15p	**Open Gym** 2:15-4:30p	**Open Gym** 2:00-2:50p	**Open Gym** 2:15-4:30p	**Open Gym** 2:00-2:50p	**Gym Rental ($)** 11:30-12:30p
Open Play Pickleball Beginners(&) 1:00-2:30p **Open Play Pickleball Inter./Adv. (&)** 2:30-4:00p			**Open Play Pickleball Beginners(&)** 3:00-4:00p **Open Play Pickleball Inter./Adv. (&)** 4:00-5:30p		**Open Play Pickleball Beginners(&)** 3:00-4:00p **Open Play Pickleball Inter./Adv. (&)** 4:00-5:30p	**Open Gym** 1:00-4:00p
Open Gym 4:15-6:00p	**GroupEx Classes** 5:15-6:45p	**GroupEx Classes** 4:45-6:00p		**GroupEx Classes** 4:45-6:00p	**Open Gym** 5:45-6:50p	**Full Court Basketball** 4:00-6:00p
			GroupEx Classes 5:45-7:10p			
Full Court Basketball 7:00-9:00p	**Full Court Basketball** 7:00-9:00p	**Gym Rental ($)** 7:15-9:00p	**Full Court Basketball** 7:00-9:00p	**Kids Night Out(~)** 7:00-9:00p		

(&) Futsal and Pickleball require registration on the website:
https://ops1.operations.daxko.com/Online/5341/ProgramsV2/Home.mvc
(~) Kid's Night out requires registration on the website
https://ops1.operations.daxko.com/Online/5341/ProgramsV2/Search.mvc?category_ids=TAG7315

($) Gym rentals are for external groups renting our space. If they do not come, the gymnasium will be used for open gym. Call our welcome center to check for rentals.

The schedule has periods between events that are not specifically reserved. These periods allow for cleaning, flexibility for delays, or special programming. The gymnasium may not be available for use during these periods.
Adult Basketball- The gymnasium is used for 18+ full court pick up basketball.
Pickleball - For ages 13 and up. Guidelines on the reverse.
Open gym - The gymnasium is for all including families who wish to play together. For basketball and perimeter walking of the court.
Full Court Basketball- The gymnasium is used for 12+ full court pick up basketball.
GroupEx Classes - The gymnasium is closed for class use. Classes may utilize an extra 15 minutes before and/or after for setup/cleanup.

See a director for more information or questions. Schedule is subject to changes.