



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BATH GYMNASIUM SCHEDULE

| MONDAY                                       |                                       | TUESDAY   |  | WEDNESDAY  |                                       | THURSDAY                                    |  | FRIDAY                                       |                                       | SAT                                 | SUN  |
|--|---------------------------------------|---|--|--|---------------------------------------|---|--|--|---------------------------------------|-------------------------------------|--|
| COURT 1                                      | COURT 2                               | COURT 1   | COURT 2                                  | COURT 1  | COURT 2                               | COURT 1                                     | COURT 2                                  | COURT 1                                      | COURT 2                               |                                     |  |
| OPEN GYM<br>5-7 a.m.                         |                                       | OPEN GYM<br>5-7 a.m.                                |  | OPEN GYM<br>5-7 a.m.                               |                                       | OPEN GYM<br>5-7 a.m.                        |  | OPEN GYM<br>5-7 a.m.                         |                                       |                                     |  |
|  | SILVER FIT<br>8-9 a.m.                | PICKLEBALL<br>7-11:30 a.m.                          | CORE + BALANCE<br>8:15-8:45 a.m.         | PICKLEBALL<br>7-10:30 a.m.                         | SILVER FIT<br>8-9 a.m.                |   | CORE + BALANCE<br>8:15-8:45 a.m.         |  | SILVER FIT<br>8-9 a.m.                | PICKLEBALL<br>8-10 a.m.             |  |
| PICKLEBALL<br>7-10:30 a.m.                   |                                       |   | CARDIO + STRENGTH + CORE<br>9-10:30 a.m. |  |                                       | PICKLEBALL<br>7-11:30 a.m.                  | CARDIO + STRENGTH + CORE<br>9-10:30 a.m. |  | PICKLEBALL<br>7-10:30 a.m.            |                                     | FAMILY OPEN GYM<br>(half court)<br>9 a.m.-1 p.m. |
| SILVER FIT<br>10:30-11:30 a.m.               | SENIOR BASKETBALL<br>10:30-11:30 a.m. |   | UNIFIED<br>10:30-11:30 a.m.              | FAMILY OPEN GYM<br>10:30-11:30 a.m.                | SENIOR BASKETBALL<br>10:30-11:30 a.m. |   |  | SILVER FIT<br>10:30-11:30 a.m.               | SENIOR BASKETBALL<br>10:30-11:30 a.m. | WEEKEND OPEN GYM*<br>10 a.m.-5 p.m. | PICKLEBALL<br>(half court)<br>9-11 a.m.          |
| ADULT PICKUP BASKETBALL<br>11:30 a.m.-1 p.m. |                                       | OPEN GYM & TEEN TIME<br>11:30 a.m.-6 p.m.           |  | ADULT PICKUP BASKETBALL<br>11:30 a.m.-1 p.m.       |                                       | WOMEN'S PICKLEBALL<br>11:30 a.m.-12:30 p.m. |  | ADULT PICKUP BASKETBALL<br>11:30 a.m.-1 p.m. |                                       |                                     | OPEN GYM*<br>(half court)<br>11 a.m.-3 p.m.      |
| OPEN GYM & TEEN TIME<br>1-5:30 p.m.          |                                       | ROCK WALL OPEN CLIMBING<br>4-7 p.m.                 |  | OPEN GYM & TEEN TIME<br>1-7 p.m.                   |                                       | OPEN GYM & TEEN TIME<br>12:30-7 p.m.        |  | OPEN GYM & TEEN TIME<br>1-5 p.m.             |                                       |                                     |  |
|  |                                       |   |  |  |                                       |   |  |  |                                       |                                     |  |
| GYMNASTICS<br>5:30-8 p.m.                    |                                       | *Starting 9/26*<br>VOLLEYBALL LEAGUE<br>5:30-9 p.m. |  | GYMNASTICS<br>5:30-8 p.m.<br>(Full court 7-8 p.m.) |                                       | GYMNASTICS<br>5:30-8 p.m.                   |  | FAMILY OPEN GYM<br>5-7 p.m.                  | ROCK WALL OPEN CLIMBING<br>4-7 p.m.   |                                     |  |
|  |                                       |   |  |  |                                       |   |  | OPEN GYM<br>7:30-9 p.m.                      |                                       |                                     |  |

\*Open Gym on weekends is contingent on party rentals - please call us or check Facebook to confirm the gym is free

Open Gym times can be used for pickleball, basketball, volleyball and more!

UPDATED 9/12/23