



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING YMCA GYM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
OPEN GYM 5:30–8 a.m.		OPEN GYM 5:30–8 a.m.		OPEN GYM 5:30–8 a.m.		OPEN GYM 5:30–8 a.m.		OPEN GYM 5:30–8 a.m.			
PICKLEBALL 8 a.m.–9:45 a.m.		PICKLEBALL 8 a.m.–10 a.m.		PICKLEBALL 8 a.m.–12 p.m.		PICKLEBALL 8 a.m.–12 p.m.		PICKLEBALL 8–9:45 a.m.		PICKLEBALL 8 –11 a.m.	
SILVER STRONG <i>with Molly/Angie</i> 10–10:45 a.m.								SILVER STRONG <i>with Molly/Angie</i> 10–11 a.m.			
THE BALANCE CLASS <i>with Molly/Angie</i> 10:45–11:15 a.m.		EXERCISE FOR PARKINSON’S <i>with Molly/Angie</i> 10–11 a.m.						THE BALANCE CLASS <i>with Molly/Angie</i> 11–11:30 a.m.		FAMILY OPEN GYM 11 a.m. – 1 p.m.	
OPEN GYM 11:45 a.m.–3 p.m.		OPEN GYM 11 a.m.–1:30 p.m.		GENTLE PICKLEBALL 12–1:30 p.m. Relaxed pickleball with a focus on mobility & balance		OPEN GYM 12–1 :30 p.m.		OPEN GYM 11:30 a.m. – 5 p.m.		OPEN GYM 11 a.m. – 1 p.m.	
		ROCK STEADY BOXING 1:30–2 p.m.		OPEN GYM 12–1:30 (Haf court) 1:30–3 p.m. (Full court)		ROCK STEADY BOXING 1:30–2 p.m.					
		PICKLEBALL 2–4:30 p.m.		PICKLEBALL 3–5 p.m.		OPEN GYM 2–3:30 p.m.					
PICKLEBALL 3–5 p.m.		INTERMEDIATE/ADVANCED PICKLEBALL LESSONS 4:30–6 p.m.				BEGINNER I PICKLEBALL LESSONS 3:30–5 p.m.		FAMILY OPEN GYM 3–5 p.m.		FITNESS CLASS	
CHEER-LEADING 5–7 p.m.		CO-ED PICK-UP BASKETBALL 6:30–8 p.m. (Starts 1/8)		CHEER-LEADING 5–7 p.m.		BEGINNER PICKLEBALL LESSONS 5–6:30 p.m.		<div>During Family Open Gym we have family friendly activities and games available!</div>		OPEN GYM	
OPEN GYM 5–7 p.m.				OPEN GYM 5–7 p.m.						PROGRAM	
										FEE-BASED PROGRAM	
										PICKLEBALL	

During Family Open Gym we have family friendly activities and games available!

Did you know? Open Gym times can be used for pickleball, basketball, volleyball and more!

Updated 12-12-23