



# LANDING YMCA GYMNASIUM SCHEDULE

| MONDAY                                 | TUESDAY                                  | WEDNESDAY                                           | THURSDAY                            | FRIDAY                                   | SATURDAY                          | SUNDAY                              |
|----------------------------------------|------------------------------------------|-----------------------------------------------------|-------------------------------------|------------------------------------------|-----------------------------------|-------------------------------------|
| OPEN GYM<br>5:30 – 7:00AM              | OPEN GYM<br>5:30 – 7:00AM                | OPEN GYM<br>5:30 – 7:00AM                           | OPEN GYM<br>5:30 – 7:00AM           | OPEN GYM<br>5:30 – 7:00AM                | CLOSED                            |                                     |
| DROP-IN PICKLEBALL<br>7:00– 9:30AM     | DROP-IN PICKLEBALL<br>7:00– 9:30AM       | DROP-IN PICKLEBALL<br>7:00– 9:30AM                  | DROP-IN PICKLEBALL<br>7:00–11:30AM  | DROP-IN PICKLEBALL<br>7:00– 9:30AM       | DROP-IN PICKLEBALL<br>8 – 10:00AM | PING PONG<br>9:00–<br>11:00AM       |
| FOREVER FIT<br>10–11:00AM              | EXERCISE FOR PARKINSON'S<br>10 – 11:00AM | ITTY BITTY<br>OPEN GYM<br>9:15 – 11:00AM            |                                     | DROP-IN<br>BASKETBALL<br>8:30–9:30AM     |                                   |                                     |
| BALANCE CLASS<br>11:00–11:30AM         | LITTLE<br>CLIMBERS<br>11:00–11:30AM      |                                                     |                                     | BALANCE CLASS<br>11:00–11:30AM           | OPEN GYM<br>10:00AM –12:00PM      | *Open Gym/Rental<br>11:00AM–12:00PM |
| DROP-IN<br>BASKETBALL<br>11:30–12:30PM | OPEN GYM<br>11:00AM – 1:30PM             | INTRO TO PICKLEBALL<br>11:30AM – 12:30PM            | OPEN GYM<br>11:30AM – 1:30PM        | DROP-IN PICKLEBALL<br>11:00AM– 2:00PM    |                                   |                                     |
| OPEN GYM<br>11:30AM – 2:00PM           | ROCK STEADY BOXING<br>1:30 – 2:30PM      | DROP-IN PICKLEBALL<br>FOR BEGINNERS<br>12:30–2:30PM | ROCK STEADY BOXING<br>1:30 – 2:30PM | TEEN TIME<br>OPEN GYM<br>2:00–<br>4:00PM | OPEN GYM<br>1:00–2:00PM           |                                     |
| TEEN TIME<br>OPEN GYM<br>2:00 – 5:00   | OPEN BASKETBALL<br>2:30–4:45PM           | TEEN TIME<br>OPEN GYM<br>2:00 – 5:00                |                                     |                                          |                                   |                                     |
| DROP-IN<br>PICKLEBALL<br>2:00 – 4:30   | OPEN GYM<br>4:45 – 8:00PM                | DROP-IN<br>PICKLEBALL<br>2:30 – 4:30                | OPEN GYM<br>4:45 – 6:30<br>PM       |                                          |                                   |                                     |
| INTRO TO<br>SOCCER<br>4:45–5:30PM      |                                          |                                                     |                                     |                                          |                                   |                                     |
| PING PONG<br>5:00–<br>7:00PM           |                                          |                                                     |                                     |                                          |                                   |                                     |
| OPEN GYM<br>5:30 – 8:00PM              |                                          |                                                     |                                     |                                          |                                   |                                     |

Key

- Class/Program
- Open Gym
- Pickleball
- Basketball

Descriptions Can be Found on the Back Side of this Page

\*Please contact the Welcome Center to determine if Gymnasium is open.

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Open Gym

Pickleball

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# DESCRIPTIONS

## OPEN GYM

Open gym is available for members to use for basketball, pickleball, and more. Please recognize that no one sport, or group may dominate the gym if others wish to use it.

## DROP-IN PICKLEBALL

These are times that are set aside for all three courts to be used exclusively for pickleball. Free to Y members. Community members can purchase a special pickleball punch card and save! Paddle up!!

## OPEN BASKETBALL

The whole gym is available for hoops! Come with a group or by yourself to shoot around or get a game going.

## ITTY BITTY OPEN GYM

This parent-led playtime for ages 0-5 is designed to let your little one discover and explore their sports interests while you both stay active, have fun and make memories together. Drop ins any time during the session are encouraged!

## PING PONG

This drop-in time is available on the left side of the gym twice a week so you can master your table tennis skills with like-minded players in a fun environment. This program is free for members and registration is required.

## PICKLEBALL CLINIC

Ready to try something new? Join our Adult Beginner Pickleball Clinics at The Landing Y in Brunswick! Learn the basics, meet new people, and discover why pickleball is the fastest-growing sport in America in this six week intro session. Balls, nets, and rackets provided.

## EXERCISE FOR PARKINSON'S

Geared specifically to diminish movement challenges experienced by people with Parkinson's disease. Individuals with other neurological conditions are also welcome to join the class. Classes are ongoing and participants may join at any time.

## ROCK STEADY BOXING

An exercise program for individuals with Parkinson's, Rock Steady Boxing is noncontact so only our coaches take punches! We do exercises that help improve balance, strength, agility, bradykinesia, reaction time, and coordination. Participants must have our physical clearance form filled out and signed.

## OPEN GYM/RENTAL

During these periods on Saturdays or Sundays, we offer our gymnasium for private parties and rentals. If there is not rental that day, the gym will be open. Please call to see if the gym is available before you come. If you are interested in hosting your event at the Landing Y, please contact Kevin at [kevin@bathymca.org](mailto:kevin@bathymca.org)

## WALKING SOCCER

A fun, low-impact soccer program designed for all fitness levels! Stay active, build friendships, and enjoy the game at a comfortable pace, no running required! Whether you're a seasoned player or new to the sport, Walking Soccer is a great way to stay fit and have fun. Registration Required.