



BATH YMCA GYMNASIUM SCHEDULE

Updated 10/01/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5 - 7am	OPEN GYM 5 - 7am	OPEN GYM 5 - 7am	OPEN GYM 5 - 7am	OPEN GYM 5 - 7pm		
PICKLEBALL 7am - 12pm	PICKLEBALL 7am - 12pm	PICKLEBALL 7am - 12pm	PICKLEBALL 7am - 12pm	PICKLEBALL 7am - 12pm	PICKLEBALL 7 - 9am	
Forever Fit + 8 - 9am	Core & Balance 8 - 8:45am	Forever Fit + 8 - 9am	Core & Balance 8 - 8:45am			
55+ Basketball 10:30am - 12pm	UNIFIED SPORTS 10 - 11am	55+ Basketball 10:30am - 12pm		55+ Basketball 10:30am - 12pm	PICKLEBALL 3.5+ 9 - 11am	PICKLEBALL 9 - 11am
55+ Basketball 10:30am - 12pm						18+ Basketball 9 - 11am
OPEN GYM 12 - 2pm	OPEN GYM 12 - 2pm	OPEN GYM 12 - 2pm	OPEN GYM 12 - 2pm	OPEN GYM 12 - 2pm	OPEN GYM 11am - 5pm	OPEN GYM 11am - 3pm
TEEN TIME 2 - 5pm	TEEN TIME 2 - 5pm	TEEN TIME 2 - 5pm	TEEN TIME 2 - 5pm	TEEN TIME 2 - 5pm		
OPEN GYM 5 - 6pm	ROCK WALL Open climbing 4-7pm	OPEN GYM 5 - 6pm	OPEN GYM 5 - 6pm	FAMILY TIME 5 - 7pm		
GYMNASTICS TEAM 6 - 8pm	VOLLEYBALL 5 - 9pm	GYMNASTICS TEAM 6 - 8pm	GYMNASTICS TEAM 6 - 8pm			
OPEN GYM 8 - 9pm		OPEN GYM 8 - 9pm	OPEN GYM 8 - 9pm	OPEN GYM 7 - 9pm		

KEY

- Gymnastics Team
- Basketball
- Family Time
- Open Gym Time
- Pickleball
- Volleyball
- Teen Time
- Class/Program



DESCRIPTIONS

BASKETBALL

Drop in basketball. Open to all members, some times are designed for certain age demographics.

FAMILY TIME

Open gym time designed for families to come and play.

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.

PICKLEBALL

Times set aside for 1–3 courts to be used exclusively for pickleball. Paddle Up! 3.5+ time is designed for advanced players with a higher ranked play.

ROCKWALL OPEN CLIMB

Certified belayers are on hand to facilitate your climb. Waiver must be signed in order to participate. Must be 5 years of age or older to climb.

TEEN TIME

Open to all teens and youth in the community, Teen Time offers a welcoming, supervised space where young people can be themselves, explore new interests, and build lasting friendships.

CORE & BALANCE

This low-impact class focuses on strengthening your core, improving balance, flexibility, and functional movement. Participants will use a variety of exercises to enhance posture, coordination, and stability while helping support everyday activities and reduce the risk of falls.

FOREVER FIT PLUS

A total body workout. A combination of cardio and free weight exercises to improve muscular strength and endurance. Core, balance and flexibility training also included in this fun class.

UNIFIED

This program promotes social inclusion by pairing individuals with and without intellectual disabilities through shared recreational sports and activities. Offered in six-week sessions focused on different sports, culminating in a celebratory pizza party in the seventh week. no registration required.

VOLLEYBALL

Adult volleyball league. Registration required.

Please note: Some of the above classes are seasonal and may not appear on the current schedule.