Updated 10-5-26

LANDING YMCA GYMNASIUM SCHEDULE

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

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.

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

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.