

# UNICOI COUNTY FAMILY YMCA GYM SCHEDULE



**GYM NOT AVAILABLE  
DURING  
SUMMER CAMP HOURS  
MAY 20<sup>TH</sup> – AUGUST 11<sup>TH</sup>**

<b>MONDAY-WEDNESDAY-FRIDAY</b>				
*	5:30 – 7:00	GYM	18+ OPEN GYM	YMCA
	7:00 – 9:30	GYM	SUMMER CAMP	YMCA
	10:00 – 11:00	GYM	SENIOR FIT (1/2 GYM DURING BAD WEATHER)	Linda T
	11:00 – 6:00	GYM	SUMMER CAMP	YMCA
*	6:15 – 7:45	GYM	OPEN FAMILY GYM (MONDAY ONLY)	YMCA
	6:15 – 7:45	GYM	BASKETBALL MEN PICK UP (WED & FRI ONLY)	YMCA
<b>TUESDAY &amp; THURSDAY</b>				
*	5:30 – 7:00	GYM	18+ OPEN GYM	YMCA
	7:00 – 6:00	GYM	SUMMER CAMP	YMCA
	11:00 – 12:45	½ GYM	BASKETBALL	NFS
	6:15 – 7:45	GYM	PICKLEBALL	YMCA
<b>SATURDAY</b>				
*	8:00 -12:00	GYM	OPEN FAMILY GYM	YMCA
<b>SUNDAY</b>				
*	1:00 – 3:00	GYM	OPEN FAMILY GYM	YMCA
	3:00 – 5:00	GYM	PICKLEBALL	YMCA

## **GYM HOURS**

MON – FRIDAY: 5:30 AM – 8 PM  
SATURDAY: 8 AM – 12 PM  
SUNDAY: 1 PM – 5 PM

## **CHILD WATCH**

MON – SATURDAY 8 AM – 11 AM \* OPEN ADULT GYM +18  
MON – THURSDAY 4 PM – 7:30 PM \* OPEN FAMILY GYM <17  
under 13 with Parent