

# RULE THE COURT



## GYMNASIUM SCHEDULE JULY 2025

### MONDAY

5:30am-6:30am  
**OPEN GYM**  
-----  
YMCA Group Ex Class  
may use the GYM due to  
inclement weather outside

6:30am-8:45am  
**OPEN GYM**

8:45am-10:00am  
**YMCA  
GROUP EX  
CLASS**

10:00am-10:20am  
**OPEN GYM**

10:20am-1:15pm  
**PICKLEBALL**

1:15pm-5:15pm  
**OPEN GYM**

5:15pm-6:30pm  
**YMCA  
GROUP EX  
CLASS**

6:30pm-9:45pm  
**OPEN GYM**  
Full Court use  
permitted after 7 PM  
if space allows

### TUESDAY

5:30am-6:30am  
**OPEN GYM**  
-----  
YMCA Group Ex Class  
may use the GYM due to  
inclement weather outside

6:30am-10:00am  
**OPEN GYM**

10:00am-11:00am  
**OPEN GYM\***  
-----  
YMCA Youth Program  
may use the GYM due to  
inclement weather outside

11:00am-2:00pm  
**OPEN GYM**

2:00pm-4:00pm  
**GYM CLOSED**

4:00pm-9:45pm  
**OPEN GYM**  
Full Court use  
permitted after 7 PM  
if space allows

### WEDNESDAY

5:30am-6:30am  
**YMCA  
GROUP  
EXERCISE  
CLASS**

6:30am-8:45am  
**OPEN GYM**

8:45am-10:00am  
**YMCA  
GROUP EX  
CLASS**

10:00am-10:20am  
**OPEN GYM**

10:20am-1:15pm  
**PICKLEBALL**

1:15pm-7:00pm  
**OPEN GYM**

7:00pm-9:00pm  
**GYM CLOSED**

9:00pm-9:45pm  
**OPEN GYM**

### THURSDAY

5:30am-6:30am  
**OPEN GYM**  
-----  
YMCA Group Ex Class  
may use the GYM due to  
inclement weather outside

6:30am-10:00am  
**OPEN GYM**

10:00am-11:00am  
**OPEN GYM\***  
-----  
YMCA Youth Program  
may use the GYM due to  
inclement weather outside

11:00am-5:15pm  
**OPEN GYM**

5:15pm-6:30pm  
**YMCA  
GROUP EX  
CLASS**

6:30pm-9:45pm  
**OPEN GYM**  
Full Court use  
permitted after 7 PM  
if space allows

### FRIDAY

5:30am-6:30am  
**YMCA  
GROUP  
EXERCISE  
CLASS**

6:30am-8:00am  
**OPEN GYM**

8:00am-10:15am  
**YMCA  
GROUP EX  
CLASS**

10:15am-1:15pm  
**PICKLEBALL**

1:15pm-9:45pm  
**OPEN GYM**  
Full Court use  
permitted after 7 PM  
if space allows

### SATURDAY

7:00am-6:00pm  
**OPEN GYM**  
Full Court use  
permitted after 4 PM  
if space allows

### SUNDAY

1:00pm-6:00pm  
**OPEN GYM**  
Full Court use  
permitted after 4 PM  
if space allows

#### - OPEN GYM REGULATIONS -

All members under 8 years old must be actively supervised by an adult present in the gym. Gym is to be shared amongst all users for basketball or open play. Full court play is only available as indicated on the schedule. Please follow all rules as posted in the gymnasium.

#### - YMCA PROGRAMS -

OR OUTSIDE GROUP USAGE  
Times are reserved for scheduled YMCA programs or rentals. The Y reserves the right to use the gym for Y programs or events with or without notice, although we strive to provide as much notice as possible.

# PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee

