

RULE THE COURT



GYMNASIUM SCHEDULE AUGUST 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
GYM CLOSED*

YMCA Youth Program
may use half or full Gym
starting Mid-August

11:00am-2:00pm
HALF GYM

2:00pm-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
GYM CLOSED*

YMCA Youth Program
may use half or full Gym
starting Mid-August

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 at as much
notice as possible.

PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee

