



# October 2024

## Waynesboro Family YMCA Gym Schedule (Upper Gym) (Subject to change)

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|--|---|--|--|---|
|   |   | <b>1</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                      | <b>2</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-7P: OPEN GYM<br><b>7P-CLOSE: BOXING TRAINING</b>        | <b>3</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                      | <b>4</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-4:30P: DAYCARE<br>5P-9P: OPEN GYM     | <b>5</b><br>8A-12:30P: OPEN PICKLEBALL<br>12:30P-5P: OPEN GYM               |
| <b>6</b><br>12P-2:30P: OPEN PICKLEBALL<br>2:30P-5P: OPEN GYM  | <b>7</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-9P: OPEN GYM  | <b>8</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                      | <b>9</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-CLOSE: OPEN GYM   | <b>10</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                     | <b>11</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-9P: OPEN GYM  | <b>12</b><br><b>8A-12:30P: PICKLEBALL LESSONS</b><br>12:30P-5P: OPEN GYM    |
| <b>13</b><br>12P-2:30P: OPEN PICKLEBALL<br>2:30P-5P: OPEN GYM | <b>14</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-9P: OPEN GYM   | <b>15</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                     | <b>16</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-CLOSE: OPEN GYM  | <b>17</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                     | <b>18</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30P-9P: OPEN GYM | <b>19</b><br>8A-12:30P: OPEN PICKLEBALL<br>12:30P-5P: OPEN GYM              |
| <b>20</b><br>12P-3P: OPEN PICKLEBALL<br>2:30P-5P: OPEN GYM    | <b>21</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-9P: OPEN GYM   | <b>22</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                     | <b>23</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30-CLOSE: OPEN GYM  | <b>24</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br>3:30P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL                     | <b>25</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br>3:30P-9P: OPEN GYM | <b>26</b><br><b>8A-12:30P: PICKLEBALL LESSONS</b><br>12:30P-4:45P: OPEN GYM |
| <b>27</b><br><b>12P-4P: PICKLEBALL LESSONS</b>                | <b>28</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br><b>3:30P-5:30P: ACS BBALL PRACTICE</b><br>5:30-9P: OPEN GYM | <b>29</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br><b>3:30P-5:30P: ACS BBALL PRACTICE</b><br>6P-9P: OPEN PICKLEBALL | <b>30</b><br>8A-12P: OPEN PICKLEBALL<br>12-2P: NOON BALL<br>2:30P-3:30P: DAYCARE<br><b>3:30P-5:30P: ACS BBALL PRACTICE</b><br>5:30-9P: OPEN GYM | <b>31</b><br>8A-12P: OPEN PICKLEBALL<br>12P-2P: OPEN GYM<br>2:30P-3:30P: DAYCARE<br><b>3:30P-5:30P: ACS BBALL PRACTICE</b><br>6P-9P: OPEN PICKLEBALL |  |   |



# October 2024

## Waynesboro Family YMCA Gym Schedule (Lower Gym) (Subject to change)

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|---|--|---|---|--|
|   |   | <b>1</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM  | <b>2</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K PE<br><b>10A-12P: AGING STRONG</b><br>12P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL  | <b>3</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-1P: OPEN PICKLEBALL<br>1P-2P: <b>INCLUSIVE WELLNESS</b><br>2P-9P: OPEN GYM  | <b>4</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM  | <b>5</b><br>8A-12:30P: OPEN PICKLEBALL<br>1:30P-4:30P: OPEN GYM  |
| <b>6</b><br>12P-2P: OPEN PICKLEBALL<br>2P-5P: OPEN GYM  | <b>7</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL  | <b>8</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM  | <b>9</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K PE<br><b>10A-12P: AGING STRONG</b><br>12P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL  | <b>10</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-1P: OPEN PICKLEBALL<br>1P-2P: <b>INCLUSIVE WELLNESS</b><br>2P-9P: OPEN GYM | <b>11</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>12</b><br>8A-12:30P: OPEN PICKLEBALL<br>1:30P-4:30P: OPEN GYM |
| <b>13</b><br>12P-2P: OPEN PICKLEBALL<br>2P-5P: OPEN GYM | <b>14</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>15</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>16</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K PE<br><b>10A-12P: AGING STRONG</b><br>12P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>17</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-1P: OPEN PICKLEBALL<br>1P-2P: <b>INCLUSIVE WELLNESS</b><br>2P-9P: OPEN GYM | <b>18</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>19</b><br>8A-12:30P: OPEN PICKLEBALL<br>1:30P-4:30P: OPEN GYM |
| <b>20</b><br>12P-2P: OPEN PICKLEBALL<br>2P-5P: OPEN GYM | <b>21</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>22</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>23</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K PE<br><b>10A-12P: AGING STRONG</b><br>12P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>24</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-1P: OPEN PICKLEBALL<br>1P-2P: <b>INCLUSIVE WELLNESS</b><br>2P-9P: OPEN GYM | <b>25</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>26</b><br>8A-12:30P: OPEN PICKLEBALL<br>1:30P-4:30P: OPEN GYM |
| <b>27</b><br>12P-5P: OPEN GYM                           | <b>28</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>29</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-2P: OPEN PICKLEBALL<br>2P-9P: OPEN GYM | <b>30</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K PE<br><b>10A-12P: AGING STRONG</b><br>12P-6P: OPEN GYM<br>6P-9P: OPEN PICKLEBALL | <b>31</b><br>5A-9A: OPEN GYM<br>9A-10A: PRE-K<br>10A-1P: OPEN PICKLEBALL<br>1P-2P: <b>INCLUSIVE WELLNESS</b><br>2P-9P: OPEN GYM |   |  |