



GYM SCHEDULE — Summer 1, 2025

YMCA OF THE NORTHWOODS: June 9th- July 20th

Updated
6/4/2025

This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

* Some Youth Sports Camps / Classes will be outside if the weather is nice.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	Closed			
8:00AM Open Basketball	8:00AM Open Basketball			8:00AM Open Basketball	8:00AM Open Basketball			8:00AM Open Basketball	8:00AM Open Basketball				
10:00AM	10:00AM			10:00AM	10:00AM			10:00AM	10:00AM	10:00AM	10:00AM		
					11:30AM Head Waters								
12:00PM Summer Camp		12:00PM Summer Camp		12:00PM Summer Camp	12:30PM	12:00PM Summer Camp		12:00PM Summer Camp					
	1:00PM		1:00PM		1:00PM		1:00PM		1:00PM				
2:30PM	Youth Sports Camps*	2:30PM	Youth Sports Camps*	2:30PM	Youth Sports Camps*	2:30PM	Youth Sports Camps*	2:30PM	Youth Sports Camps*	2:00PM	2:00PM	(Y CAMP)- Y camp will take priority over any other scheduled gym activities if neccessary. Usually due to bad weather outside. Please remember some classes require setup & takedown time.	
	3:00PM		3:00PM		3:00PM		3:00PM		3:00PM				
	3:15PM Youth Soccer*		3:15PM Youth Basketball				3:15PM Youth Flag Football*		3:15PM Youth Kickball*				
	5:00PM		5:00PM				5:00PM		5:00PM				
8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	7:00PM	7:00PM				



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN NIGHT:

WHY: Variety of Youth Activities in a Supervised Safe & Fun Environment

WHEN: Every Friday: 6:00-9:00PM

FEE: Free for members/\$5 for general public

AGES: 6th - 8th grades

GYM SCHEDULE — Summer 1 Session

OPEN BASKETBALL

Hit the hardwoods with the people who invented the game-the YMCA! Stay in shape throughout the year by playing YMCA basketball. These classes are for recreation, but Y players can get competitive. Bring a group of players or come individually. *Free for members. Day Pass for general public.*

HEADWATERS

A non-profit agency that services individuals with various disabilities. They reserve half of the gym to stay active and do various activities.

RECREATION SKATE

Ages 13 and up, recreation skate is for roller bladers and skaters to come have a good time skating around the gym. \$25 for the whole session or a \$5 a week drop in fee. Must sign a concussion form before participating.

PLEASE SEE THE GROUP FITNESS SCHEDULE & YOUTH SCHEDULE FOR CLASS DESCRIPTIONS.