



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

Indianola YMCA

April 1st- April 30th

	Open Gym	Programming
MONDAY	5:00 - 8:30am 1:00-10:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30 (West Court) Pickleball 9:30 - 10:30am (East Court) Pickleball 10:30 - 11:25am (2 courts) Pick Up Basketball 11:30am - 1:00pm
TUESDAY	5:00 - 5:15am 6:00 - 8:30am 9:30 - 10:30am (East Court) 10:30 - 1:00pm 3:00- 10:00pm	HEAT 5:15 - 6:00am HEAT 8:30 - 9:15am LPC 9:30 - 10:30am (West Court) VCA 1:00-3:00pm (2 courts)
WEDNESDAY	5:00 - 8:30am 1:00-10:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30 (West Court) Pickleball 9:30 - 10:30am (East Court) Pickleball 10:30 - 11:25am (2 courts) Pick Up Basketball 11:30am - 1:00pm
THURSDAY	5:00 - 5:15am 6:00 - 9:30am 9:30 - 10:30am (East Court) 3:00 - 10:00pm	HEAT 5:15 - 6:00am LPC 9:30 - 10:30 (West Court) Pickleball 10:30 - 12:30pm (2 courts) VCA 1:00-3:00pm (2 courts)
FRIDAY	5:00 - 8:30am 9:30 - 10:30am (East Court) 10:30 - 11:30am 3:00-9:00pm	A.O.A. 8:30 - 9:15am LPC 9:30 - 10:30am (West Court) Pick Up Basketball 11:30am - 1:00pm Pickleball 1:00 - 3:00pm (2 courts)
Saturday	7:00 - 8:00am 12:00-5:00pm	Youth Programming- 8:00am-12:00pm *April 27th- Healthy Kids Day 1-4pm (1 court)
SUNDAY	10:00am - 3:00 pm 3:00pm - 5:00 pm (West Court)	Pickleball 3:00 - 5:00pm (East Court)

*LPC & VCA Programs: If the scheduled time isn't being used, open gym will be allowed.

** If LPC & VCA start late, they have the right to their scheduled time, and open gym will be discontinued.



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- **AOA-** Active Older Adults is designed for members who want to effectively learn how to use a variety of fitness formats that help to build strength cardiovascular fitness balance and flexibility but most of all have fun! You don't have to be an active older adult to take this class.
- **HEAT-** High Energy Aerobic Training is a great class if you like cardio conditioning along with a great strength workout. This is a more challenging training- inspired class with a sport warm-up followed by plyometric, body strength and running.
- **LPC-** The Learn and Play Center will be using part of the gym throughout the week. The staff uses this space to play games with the children signed into the Learn and Play Center.
- **Pickleball-** Pickleball is a fun cross between tennis badminton, and table tennis. The gym is reserved for Pickleball numerous times throughout the week. No sign up is required, and the YMCA will supply the basic equipment. All players are asked to share and take turns.
- **Pick Up Basketball-** Full court pickup basketball is available over the lunch hour on Mondays and Wednesdays. No registration is required- just show up ready to play!
- **Youth Programming-** The Indianola YMCA offers numerous youth sports clinics and leagues that utilize the gym. Please be kind and respectful as we encourage our youth to get and stay active.