



Schedule at a Glance - Ron Edwards Family YMCA

June 30, 2025 to September 7, 2025

| MONDAY | | | | | | | |
|----------|---|--------|----------------------------------|----------------------------------|--------------------------|---|--|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL | |
| 6:00 AM | | | | | Open Courts 6:00-9:30 | Lane Swim 6:00-9:00 *Summer only* | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | HIIT 9:15-10:00 | | | CY Summer Programs 9:00-12:00 | | AquaFit 9:15-10:00 | |
| 9:30 AM | | | | | | | |
| 10:00 AM | Muscle Fit 10:15-11:00 | | Yoga 10:15-11:45 | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | Walk Fit 11:15-12:00 | | | | | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30-1:00 |
| 11:30 AM | | | | | | | |
| 12:00 PM | Open Pickleball and Basketball 12:15-1:00 ½ Gym each | | | | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | Balance + 1:00-2:00 | | | Open/Lane Swim 1:00-2:30 | |
| 1:30 PM | Pickleball 1:00-3:00 | | | | | | |
| 2:00 PM | | | | | | Community Rental 2 Lanes Lane Swim 1 Lane 2:30-4:00 | |
| 2:30 PM | | | | | | | |
| 3:00 PM | Open Basketball 3:15-4:30 | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | Soccer LVL 1 6-12 YRS 5:00-6:00 | | | HIIT 5:10-5:40 | | Swim Lessons Whirlpool and Sauna Closed 4:30-7:30 | |
| 5:30 PM | | | Back to Living Well 5:30-6:45 | | | | |
| 6:00 PM | Soccer LVL 2 16-12 YRS 6:00-7:00 | | | CoreFit 5:45-6:15 | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | Dodgeball 8-13YRS 7:00-8:00 | | | | | AquaFit High Intensity 7:30-8:10 | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | | | | Lane Swim 8:15-9:15 | |
| 8:30 PM | Open Pick Up Basketball 8:30-9:30 Full Court | | | | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |

| TUESDAY | | | | | | |
|----------|--|-------------------------|-------------------------------|--------------------------------|--------------------------|---|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
| 6:00 AM | | | | | Open Courts 600- 5:30 | Lane Swim 600-10:30 *Summer only* |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | | |
| 9:00 AM | Body Fit 9:15-10:00 | Cycle Fit 9:15-10:00 | | CY Summer Programs 900-1200 | | |
| 9:30 AM | | | | | | |
| 10:00 AM | Low Impact 10:15-11:00 | | Gentle Fit 10:15-11:00 | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | Healthy Hearts 11:30-12:00 | | | | | |
| 11:30 AM | | | | | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30-12:00 |
| 12:00 PM | | | | | | |
| 12:30 PM | | | Healthy Hearts 12:30-1:00 | | | Lane Swim 12:00-1:00 |
| 1:00 PM | Open Basketball 1:00-4:30 | | | | | |
| 1:30 PM | | | Cognitive Groove 1:30-2:30 | | | Hydrotherapy 1:15-2:00 |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | Lane Swim 2:30-4:00 |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | Soccer LVL 1 3-5 YRS | | Zumba Kids JR 4-7 YRS | | Leauge 5:30-7:00 | Swim Lessons Whirlpool and Sauna Closed 4:30-7:30 |
| 5:30 PM | Basketball 6-12 YRS 5:00-5:45 ½ Gym | | 5:00-5:45 | | | |
| 6:00 PM | | TRX 600- 7:00 | Zumba 8-12 YRS 6:00-6:45 | | | |
| 6:30 PM | Floor Hockey 6-12 YRS 6:00-7:00 | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | Zumba 7:15-8:15 | | Yoga 7:00-8:30 | | | |
| 8:00 PM | | | | Pilates/Yoga 8:15-9:00 | Open Courts 7:00-9:30 | Lane Swim 7:45-9:15 |
| 8:30 PM | | | | | | |
| 9:00 PM | Open Basketball 8:30-9:30 | | | | | |
| 9:30 PM | | | | | | |
| | | | | | | |

| WEDNESDAY | | | | | | | |
|-----------|---|------------------------|----------------------------------|----------------------------------|---------------------------------|--------------------------|--|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | COMMUNITY ROOM B | RAQUETBALL COURTS | POOL |
| 6:00 AM | | | | | | Open Courts 6:00-9:30 | Lane Swim 6:00-9:00 *Summer only* |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | 20/20/20 9:15-10:15 | | | CY Summer Programs 9:00-12:00 | | | AquaFit 9:15-10:00 |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | Chair Yoga 10:15-11:00 | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | WalkFit 11:15-12:00 | | | | | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30-1:00 |
| 11:30 AM | | | | | | | |
| 12:00 PM | Open Pickleball and Basketball 12:15-1:00 ½ Gym each | | | | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | Balance + 1:00-2:00 | | | | Open/Lane Swim 1:00-2:30 |
| 1:30 PM | Pickleball 1:00-3:00 | | | | | | |
| 2:00 PM | | | | | | | Community Rental 2 Lanes Lane Swim 1 Lane 2:30-4:00 |
| 2:30 PM | | | | | | | |
| 3:00 PM | Open Basketball 3:15-5:30 | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | | | Art Sparks 6-12 YRS 5:00-6:00 | Art Sparks 3-5 YRS 5:00-5:45 | | Swim Lessons Whirlpool and Sauna Closed 4:30-7:30 |
| 5:30 PM | | | Back to Living Well 5:30-6:45 | | | | |
| 6:00 PM | Sports Adventure 6-12 YRS 6:00-7:00 | | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | | Cycle Fit 7:15-8:00 | 20/20/20 7:15-8:15 | | | | Aqua Zumba 7:30-8:10 |
| 7:30 PM | | | | | | | |
| 8:00 PM | Open Pick UP Basketball 8:00-9:30 Full Court | | | | | | Lane Swim 8:15-9:15 |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |

| THURSDAY | | | | | | |
|----------|---------------------------------|-------------------------|------------------------------------|---------------------------------|--------------------------|---|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
| 6:00 AM | | | | | Open Courts 600- 5:30 | Lane Swim 600-10:30 *Summer only* |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | | |
| 9:00 AM | Body Fit 9:15-10:00 | Cycle Fit 9:15-10:00 | | CY Summer Programs 900-12:00 | | |
| 9:30 AM | | | | | | |
| 10:00 AM | | | Gentle Fit 10:15-11:00 | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | Healthy Hearts 11:30-12:00 | | | | | |
| 12:00 PM | | | | | | Lane Swim- 2 Lanes CY Program 1 Lane 10:30-12:00 |
| 12:30 PM | | | Healthy Hearts 12:30-1:00 | | | Lane Swim 12:00-1:00 |
| 1:00 PM | Open Basketball 1:00-4:30 | | Cognitive Groove 1:30-2:30 | | | Hydrotherapy 1:15-2:00 |
| 1:30 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | Lane Swim 2:30-4:00 |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | Dodgeball 8-13 YRS 5:00-6:00 | | Karate FUND 6-12 YRS 5:00-5:45 | | League 5:30-7:00 | Swim Lessons Whirlpool and Sauna Closed 4:30-7:30 |
| 5:30 PM | | | | | | |
| 6:00 PM | Dodgeball 8-13 YRS 6:00-7:00 | | Karate FUND 6-12 YRS 6:00-6:45 | | | |
| 6:30 PM | | | Karate Teen 13-16 YRS 7:00-7:45 | | | |
| 7:00 PM | Zumba 7:15-8:15 | | | | | |
| 7:30 PM | | | | | Open Courts 7:00-9:30 | Lane Swim 7:45-9:15 |
| 8:00 PM | | | | | | |
| 8:30 PM | Open Basketball 8:30-9:30 | | | | | |
| 9:00 PM | | | | | | |
| 9:30 pm | | | | | | |

| FRIDAY | | | | | | |
|----------|------------------------------|--------|----------------------------|----------------------------------|--------------------------|---|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
| 6:00 AM | | | | | Open Courts 6:00-9:30 | Lane Swim 6:00-9:00 *Summer only* |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | | |
| 9:00 AM | Muscle Fit 9:15-10:00 | | Line Dancing 9:15-10:00 | CY Summer Programs 9:00-12:00 | | AquaFit 9:15-10:00 |
| 9:30 AM | | | | | | |
| 10:00 AM | Low Impact 10:15-11:00 | | Yoga 10:15-11:45 | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | | | | | | Lane Swim - 2 Lanes CY Program 1 Lane 10:30-1:00 |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | Pickleball 12:00-3:00 | | | | | |
| 1:00 PM | | | | | | |
| 1:30 PM | | | | | | Open/Lane Swim 1:00-2:30 |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | Community Rental 2 Lanes Lane Swim 1 Lane 2:30-4:00 |
| 3:00 PM | | | | | | |
| 3:30 PM | Open Basketball 3:15-9:30 | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:00 PM | | | | | | |
| 6:30 PM | | | | | | |
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| 8:00 PM | | | | | | |
| 8:30 PM | | | | | | |
| 9:00 PM | | | | | | |
| 9:30 pm | | | | | | Open Swim Lane Swim 7:00-9:15 |

| SATURDAY | | | | | | |
|----------|--|-------------------------|----------------------|--|--------------------------|---|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
| 8:00 AM | | TRX 8:15-9:00 | | | Open Courts 8:00-5:30 | Lane Swim 8:00-9:15 |
| 8:30 AM | | | | | | |
| 9:00 AM | Basketball FUND 6-9 YRS 9:00-10:00 | Cycle Fit 9:15-10:00 | | | | |
| 9:30 AM | | | | | | |
| 10:00 AM | Basketball FUND 3-5 YRS 10:15-11:00 | | Zumba 10:30-11:30 | Brain Builders 6-12 YRS 10:00-11:00 | | Swim Lessons Whirlpool and Sauna Closed 9:30-1:00 |
| 10:30 AM | | | | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | Basketball FUND 10-12 YRS 11:15-12:15 | | | Brain Builders 3-5 YRS 11:15-12:00 | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | | | | | | |
| 1:30 PM | Birthday Parties 1:00-3:00 | | | | | Lane Swim 1:15-2:15 |
| 2:00 PM | | | | Birthday Parties 2:00-3:00 | | Lane/Open Swim 2:45-3:45 |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | Open Basketball 2:30-5:30 | | | | | Open Family Swim 4:00-5:15 |
| 4:00 PM | | | | | | |
| 4:30 pm | | | | | | |
| 5:00 pm | | | | | | |
| 5:30 pm | | | | | | |

| SUNDAY | | | | | | |
|----------|-------------------------------------|--------|-----------------------------|----------------|------------------------|--|
| | GYM | STUDIO | AB ROOM | COMMUNITY ROOM | RAQUETBALL COURTS | POOL |
| 8:00 AM | | | | | Open Courts 800-400 | Lane Swim 800-915 |
| 8:30 AM | | | | | | |
| 9:00 AM | Karate FUND 6-12 YRS 9:00-9:45 | | Yoga 9:15-10:15 | | | Swim Lessons Whirlpool and Sauna Closed 930-1:00 |
| 9:30 AM | | | | | | |
| 10:00 AM | Karate FUND 6-12 YRS 10:00-10:45 | | Strong Nation 1030-11:15 | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | Teen Karate 1-16 YRS 11:00-11:45 | | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | | |
| 1:00 PM | Open Basketball 1200-330 | | | | | |
| 1:30 PM | | | | | | Open Family Swim 1:15-2:15 |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | Lane/Open Swim 2:45-3:45 |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |