



RYAN FAMILY YMCA

Basketball Gym Program Schedule | January 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
| | | | | 1 (Operating Hours: 7:00-1:00 pm) Group x: 7:00-7:50 am | 2 Group x: 8:00-8:50 am Camp: 9:00-5:00 pm Youth Sports: 5:00-8:00 pm | 3 Open Gym: 7:00-5:00 pm |
| 4 Open Gym: 9:00-3:00 pm | 5 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 6 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 7 Pickleball: 8:30-11:00 am Enhance Fitness: 11:15-12:15 pm Youth Sports 4:00-8:00 pm | 8 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 9 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 10 Youth Sports: 7:00-5:00 pm |
| 11 Youth Sports: 9:00-3:00 pm | 12 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 13 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 14 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 15 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 16 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 17 Youth Sports: 7:00-5:00 pm |
| 18 Youth Sports: 9:00-3:00 pm | 19 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 20 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 21 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 22 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 23 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 24 Youth Sports: 7:00-5:00 pm |
| 25 Youth Sports: 9:00-3:00 pm | 26 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 27 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 28 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 29 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm | 30 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-8:00 pm | 31 Youth Sports: 7:00-5:00 pm |

All times are subject to change. For more information or to confirm times, please call our branch at 619-226-8888.

Normal Operating Hours: M-F 5:00am-8:00 pm, SAT 7:00am-5:00 pm, & SUN 9:00am-3:00 pm



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OPEN GYM SCHEDULE | January 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--|---|--|---|--|--------------------------|
| | | | | 1 5:00-7:00 am 8:00-4:00 pm | 2 5:00-8:00 am 12:30-4:00 pm | 3 7:00-5:00 pm |
| 4 9:00-3:00 pm | 5 5:00-8:30 am 12:30-4:00 pm | 6 5:00-7:00 am 8:00-10:00 am 11:30-4:00 pm | 7 5:00-8:30 am 12:30-3:00 pm | 8 5:00-7:00 am 8:00-4:00 pm | 9 5:00-8:00 am 12:30-4:00 pm | 10 |
| 11 | 12 5:00-8:30 am 12:30-4:00 pm | 13 5:00-7:00 am 8:00-10:00 am 11:30-4:00 pm | 14 5:00-8:30 am 12:30-3:00 pm | 15 5:00-7:00 am 8:00-4:00 pm | 16 5:00-8:00 am 12:30-4:00 pm | 17 |
| 18 | 19 5:00-8:30 am 12:30-4:00 pm | 20 5:00-7:00 am 8:00-10:00 am 11:30-4:00 pm | 21 5:00-8:30 am 12:30-3:00 pm | 22 5:00-7:00 am 8:00-4:00 pm | 23 5:00-8:00 am 12:30-4:00 pm | 24 |
| 25 | 26 5:00-8:30 am 12:30-4:00 pm | 27 5:00-7:00 am 8:00-10:00 am 11:30-4:00 pm | 28 5:00-8:30 am 12:30-3:00 pm | 29 5:00-7:00 am 8:00-4:00 pm | 30 5:00-8:00 am 12:30-4:00 pm | 31 |

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