



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



RYAN FAMILY YMCA

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

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