



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | November 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|---|--|
| | | | | | | 1 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm |
| Fall Youth Sports Begin: September 29th -November 22nd For more info visit: ymcasd.org/sports | | | | | | |
| 2 Sports Events: 8am - 2pm Open Gym : 2pm-3:00pm | 3 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym 12:15pm-3:00pm Youth & Teen Sports 3:00pm-8:00pm | 4 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 5 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm | 6 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 7 Open Gym: 5:30am-8:00am Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50m Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:30pm-3:00pm Teen Drop-In: 3:00pm - 4:00pm Youth Sports 4:00pm-8:00pm | 8 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm |
| 9 Open Gym : 8:00am-3:00pm | 10 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym 12:15pm-3:00pm Youth & Teen Sports 3:00pm-8:00pm | 11 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 12 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm | 13 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 14 Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50m Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15pm-3:00pm Teen Drop-In: 3:00pm - 4:00pm Youth Sports: 4:00pm-8:00pm | 15 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm |
| 16 Open Gym : 8:00am-3:00pm | 17 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym 12:15pm-3:00pm Youth & Teen Sports 3:00pm-8:00pm | 18 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 19 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm | 20 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm | 21 Open Gym: 5:30am-8:00am Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50m Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm | 22 Youth Sports 7:00am - 4:00pm Open Gym: 4:00pm - 5:00pm |
| 23 Open Gym : 8:00am-3:00pm | 24 Open Gym: 5:30am - 8:00am Holiday Camps: 8:00am-3:00pm Open Gym 3:00pm-8:00pm | 25 Open Gym: 5:30am - 8:00am Holiday Camps: 8:00am-3:00pm Open Gym 3:00pm-8:00pm | 26 Open Gym: 5:30am - 8:00am Blood Drive: 8:00am-4:00pm Open Gym 4:00pm-8:00pm | 27 open Gym: 7:00am - 1:00pm | 28 Open Gym: 5:30am - 8:00pm | 29 Open Gym: 7:00am - 5:00pm |

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

Schedule last updated: 11/1/2025