



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SCHEDULE

AUGUST 2023

Gym Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-6:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
6:00-7:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
7:00-8:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
8:00-9:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Open Basketball	
9:00-10:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Open Basketball	
10:00-11:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Open Basketball	
11:00-12:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
12:00-1:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
1:00-3:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball
3:00-4:30pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		From 1:00pm-4:00pm
4:30-5:00pm	Open Basketball	YMCA Adult Volleyball League	Open Basketball	YMCA Adult Volleyball League	YMCA Youth Volleyball Night		
5:00-6:30pm	Open Basketball	YMCA Adult Volleyball League	Open Basketball	YMCA Adult Volleyball League	YMCA Youth Volleyball Night		
6:30-7:45pm	Open Basketball	YMCA Adult Volleyball League	Open Basketball	YMCA Adult Volleyball League	YMCA Youth Volleyball Night		

Open Basketball Format: Front Court #1 – Shoot Around Only!!

Back Court #2 - Pick-up Games

Adult Volleyball and Youth Volleyball Nights start week of June 12th – August 20th, 2023

YMCA of Greater Montgomery

James W Wilson Branch

1445 New Park Drive, Montgomery, Alabama 36117

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