



RYAN FAMILY YMCA

Basketball Gym Program Schedule | May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-9:00 pm	5 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Youth Sports 4:00-9:00 pm	6 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Sports Programs: 4:00-9:00 pm	7 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm	8 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: 4:00-9:00 pm	9 Youth Sports 7:00-5:00 pm
10 Open Gym: 8:00-3:00 pm	11 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-9:00 pm	12 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Youth Sports 4:00-9:00 pm	13 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Sports Programs: 4:00-9:00 pm	14 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm	15 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: 4:00-7:00 pm	16 Youth Sports: 7:00-5:00 pm
17 Open Gym: 8:00-3:00 pm	18 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-9:00 pm	19 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Youth Sports 4:00-9:00 pm	20 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Sports Programs: 4:00-9:00 pm	21 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm	22 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: 4:00-7:00 pm	23 Youth Sports: 7:00-5:00 pm
24 Open Gym: 8:00-3:00 pm	25 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-9:00 pm	26 Group x: 7:00-7:50 am Blood Drive: 9:00-2:00 pm Mirror Movement Development Workshop: 3:00-4:00 pm Youth Sports 4:00-9:00 pm	27 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Sports Programs: 4:00-9:00 pm	28 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm	29 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: 4:00-7:00 pm	30 Youth Sports: 7:00-5:00 pm
31 Open Gym: 8:00-3:00 pm	1 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Youth Sports: 4:00-9:00 pm	2 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Youth Sports 4:00-9:00 pm	3 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Sports Programs: 4:00-9:00 pm	4 Group x: 7:00-7:50 am Youth Sports 4:00-8:00 pm	5 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: 4:00-7:00 pm	6 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 5:30am-9:00pm, SAT 7:00am-5:00pm, & SUN 8:00am-3:00pm



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | May 2026

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

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