



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Norman YMCA

2025 FALL GYMNASIUM SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
TIMES	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2		
5AM	Adult Pick Up 5:00a-9:00a		Adult Pick Up 5:00a-9:00a		Adult Pick Up 5:00a-9:00a		Adult Pick Up 5:00a-9:00a		Adult Pick Up 5:00a-9:00a							
6AM																
7AM																
8AM																
9AM	Cardio Dance 9:15-10:30a		Youth Dev 9:00a-1:00p	Pickleball 9:00a-1:00p	Pickleball 9:00a-1:00p		Youth Dev 9:00a-1:00p	Pickleball 9:00a-1:00p	Youth Dev 9:00a-1:00p	Open BB 9:00a-1:00p	Open Basketball 7:00a-11:00a					
10AM																
11AM																
12PM																
1PM	Youth 11:00a-1:00p	OpenBB 11:00a-1:00p										Pickleball 11:00a-2:00p		Open Basketball 12:00p-5:00p		
2PM	Open Basketball 1:00p-9:00p		Open Basketball 1:00p-9:00p		Open Basketball 1:00p-5:00p		Open BB 1:00p-3:00p		Open Basketball 1:00p-9:00p		Open Volleyball 2:00p-5:00p					
3PM																
4PM							Pickleball 3:00p-9:00p									
5PM																
6PM					Youth/Adult Sports 5:30p-9:00p											
7PM																
8PM																
9PM																

This schedule may be altered to accommodate program needs at any time.

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