

EL DORADO YMCA

Open Gym Schedule

Effective 1/1/2019 – 3/9/2019

To ensure you have the opportunity to strengthen family through quality time together or can develop a wellness routine that includes indoor sports, the Y offers the following open gym times as part of your membership. During times not listed below, the gyms are closed for youth sport leagues, group exercise, summer day camp or instructional classes. For information on sport leagues and classes, please consult the YMCA Program Guide. For information on group exercise classes, please refer to the Group Exercise schedule found in the literature rack in the lobby. Open gym times are subject to change and schedules for all Greater Wichita YMCA locations are available online at www.ymcawichita.org.

GYM 1 Times listed below are available for recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-4:45A
	6:15A-8:45A
	10:15A-4:15P
	7:45P-11:00P
Tuesday	4:30A-4:45A
	6:15A-8:45A
	10:15A-3:45P
	7:45P-11:00P
Wednesday	4:30A-4:15P
	6:45P-11:00P
Thursday	4:30A-4:45A
	6:15A-8:45A
	10:15A-3:45P
	7:45P-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-7:45A
	10:15A-8:00P

GYM 2 Times listed below are available for recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-11:00P
Tuesday	4:30A-11:00P
Thursday	4:30A-11:00P
Friday	4:30A-9:30P
Saturday	6:30A-8:00P

GYM 3 Times listed below are available for recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-6:00A
	6:00A-8:00A (Pick-Up)
	8:00A-7:00P
	7:00P-9:00P (Pickle Ball)
	9:00P-11:00P
Tuesday	4:30A-3:30P
	7:00P-11:00P
Wednesday	4:30A-6:00A
	6:00A-8:00A (Pick-Up)
	8:00A-11:00P
Thursday	4:30A-3:30P
	7:00P-9:00P (Pickle Ball)
	9:00P-11:00P
Friday	4:30A-6:00A
	6:00A-8:00A (Pick-Up)
	8:00A-9:30P
Saturday	6:30A-8:00P

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



GYM RULES

- Dunking and/or hanging on basketball goals is not allowed.
- No food or drink is allowed in the gym, except for water in non-breakable containers.
- Please do not use profanity; we are a family facility.

RACQUETBALL/HANDBALL

Invite your friends and family to join you at center court for a great way to stay active together.

Access to racquetball courts is included in YMCA membership and equipment is available for check out at the front desk.

Court reservations may be made up to 24 hours in advance by calling 320.9622 or by visiting the front desk.

PICK-UP BASKETBALL

Pick-up basketball games for those age 18+ take place in Gym 3. See times noted above as "Pick-Up".

PICKLE BALL

Pickle ball games will take place in Gym 3 from 7:00-9:00 pm on Monday and Thursday's only.

Equipment is available to checkout from the welcome center.

INDOOR TRACK

Access to the Y's indoor tracks is included in your membership.

Individuals ages 13 & older may utilize the tracks. Individuals ages 8-12 may utilize the track ONLY when accompanied by & within arm's reach of an adult parent/guardian.

