



## Sebring-Lewis Center Basketball Gym Schedule Gym Programs Schedule as of June 8 2026

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	
6:00am-7:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court					
7:00am-8:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court					
8:00am-9:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Pickleball	Open Court	
9:00am-10:00am	Pickleball	Pickleball	Full Body Fit Cardio 9:00-9:45	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open Court	Zumba 9:00-9:45	Zumba 9:00-9:45	
10:00am-11:00am	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball Fit Class. Free to members.	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Preschool Sports Club	Grades K-3 Basketball Skills Academy	Sunday Play Day with Family Gym and More! 10:15-1:00	Open Court
11:00am-12:00pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open court	Open Court	Sunday Play Day with Family Gym and More! 10:15-1:00	Open Court
12:00pm-1:00pm	Open Court	Pickleball	Advance Beginner Pickleball clinic	Pickleball	Beginner Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Preschool Basketball Skills	Open Court	Open Court		Open Court
1:00pm-2:00pm	Open Court	Skills/Beginner Play Pickleball	Summer Day Camp	Young Adult	Open Court	Staff Pickleball	Open Court	Young Adult	Open Court	Skills/Beginner Play Pickleball	Open Court	Open Court	Open Court	Open Court	
2:00pm-3:00pm	Open Court	Open Court	Summer Day Camp	Young Adult	Open Court	Open Court	Open Court	Young Adult	Open Court	Open Court	Open Court	Open Court	Beginner & Family Pickleball	Open Court	Open Court
3:00pm-4:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Kids Club	Beginner & Family Pickleball	Open Court	Pickleball
4:00pm-5:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Pickleball	Open Court	Pickleball
5:00pm-6:00pm	Open Court	Open Court	Preschool Sports Club	Open Court	Open Court	Open Court	Grades K-5 Basketball Skills Academy	Open Court	Family Fun Night with Family Gym & More! 5:30-7:30	Open Court	Open Courts	Pickleball			
6:00pm-7:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Middle School Volleyball Skills Academy	Open Court	Open Court		Open Court					
7:00pm-8:00pm	Open Court	Pickleball	Open Court	Pickleball	Pickleball League Inter 3.0-3.5	Pickleball League Inter 3.0-3.5	Open Court	Open Court		Open Court					

Sebring-Lewis Center Gymnasium Guidelines	
<p><b>Respect</b></p> <ul style="list-style-type: none"> <li>* Respect is a core value at the Y. Please treat all members, staff, spaces and equipment respectfully.</li> <li>* Thank you for keeping this a safe and clean space by securing your belongings in a locked locker.</li> <li>* Everyone belongs at the Y. Thank you for keeping this space comfortable. Photography and recording is permitted by Y staff only.</li> </ul> <p><b>Clothing and Belongings</b></p> <ul style="list-style-type: none"> <li>* Thank you for keeping this a safe and clean space by securing your belongings in a locked locker.</li> <li>* Please wear closed-toe athletic shoes with non-marking soles.</li> <li>* Your comfort is important. Please wear a shirt that covers your midriff and back and portrays family-friendly, non-offensive language.</li> <li>* Please use water bottles with lids and made of non-breakable material. Food and gum may be enjoyed outside the Y.</li> </ul> <p><b>Staff</b></p> <ul style="list-style-type: none"> <li>* We want to support your goals. Personal training may be conducted by Y staff only.</li> <li>* We are here to serve you. Please report any issues directly to a Y staff. Staff has final authority in all guidelines to keep our McGaw YMCA community safe.</li> </ul>	<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>* Use of a personal ball is allowed. There will be balls and other gym equipment available.</li> </ul> <p><b>Age</b></p> <ul style="list-style-type: none"> <li>* We ensure youth safety. Youth under age 11 must be accompanied by an adult member for Open Court. Youth ages 11-13 must have an adult member in the building.</li> </ul> <p><b>Program Legend:</b></p> <ul style="list-style-type: none"> <li><span style="background-color: #FFD700; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Family Programming</li> <li><span style="background-color: #FF0000; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Young Adult Exclusive Time</li> <li><span style="background-color: #800080; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Group Exercise Classes (free to members)</li> <li><span style="background-color: #00FF00; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> New/Special Programming</li> <li><span style="background-color: #ADD8E6; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Open Court</li> <li><span style="background-color: #333; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Paid Programming</li> <li><span style="background-color: #0000FF; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> Pickleball (free to members)</li> <li><span style="background-color: #00BFFF; border: 1px solid black; display: inline-block; width: 15px; height: 10px; margin-right: 5px;"></span> YMCA Youth Development Programs</li> </ul>
<p>Schedule subject to change due to school holidays and special events. Visit <a href="http://bit.ly/mcgawslc" style="color: white;">bit.ly/mcgawslc</a> for the latest schedule updates.</p>	<p>Join our TeamReach "McGaw YMCA Pickleball" group using code YMpickle for court status updates.</p>