



## Sebring-Lewis Center Basketball Gym Schedule Gym Programs Schedule as of June 5

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	Adult Recess FIT *Coming soon!	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 *NEW! Pickleball Fit Class. Free to members.	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open Court	Basketball Skills Academy	Sunday Play Day with Family Gym and More! 10:15-1:00	Tiny Tot Sports Club
11:00am-12:00pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Basketball League K-1	Basketball League K-1		
12:00pm-1:00pm	Open Court	Pickleball	Beginner Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Open Court	Pickleball Ladder League	Open Court	Pickleball	Tiny Tot Sports Club	Volleyball Skills Academy	Open Court	Pickleball Skills & League
1:00pm-2:00pm	Open Court	Pickleball	Intermediate Pickleball Skills Clinic	Pickleball	Open Court	Pickleball	Open Court		Open Court	Pickleball				
2:00pm-3:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Open Court	Adult Recess PLAY *Coming soon!	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	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	Pickleball	Open Court	Pickleball
5:00pm-6:00pm	Open Court	Open Court	Tiny Tot Sports Club	Open Court	Tiny Tot Soccer	Open Court	Basketball Skills Academy	Open Court		Open Court	Adult Recess SPORT *Coming soon!	Adult Recess SPORT *Coming soon!		
6:00pm-7:00pm	Open Court	Pickleball	Open Court	Pickleball	Open Court	Volleyball Skills Academy		Open Court	Family Fun Night with Family Gym & More! 5:30-7:30	Open Court				
7:00pm-8:00pm	Open Court	Pickleball	Beginner Pickleball Skills Clinic	Pickleball	Pickleball Ladder League	Pickleball Ladder League		Open Court		Open Court				

### Sebring-Lewis Center Gymnasium Guidelines

Respect	Equipment
* Respect is a core value at the Y. Please treat all members, staff, spaces and equipment respectfully.	* Use of a personal ball is allowed. There will be balls and other gym equipment available.
* Thank you for keeping this a safe and clean space by securing your belongings in a locked locker.	Age
* Everyone belongs at the Y. Thank you for keeping this space comfortable. Photography and recording is permitted by Y staff only.	* 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.
Clothing and Belongings	Program Legend:
* Thank you for keeping this a safe and clean space by securing your belongings in a locked locker.	Family Programming
* Please wear closed-toe athletic shoes with non-marking soles.	Youth Open Court (ages 11-13) Reservations required.
* Your comfort is important. Please wear a shirt that covers your midriff and back and portrays family-friendly, non-offensive language.	Group Exercise Classes (free to members)
* Please use water bottles with lids and made of non-breakable material. Food and gum may be enjoyed outside the Y.	New/Special Programming
Staff	Open Court
* We want to support your goals. Personal training may be conducted by Y staff only.	Paid Programming
* 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.	Pickleball (free to members)
	YMCA Children's Center Services
Schedule subject to change due to school holidays and special events. Visit <a href="http://bit.ly/mcgawslc">bit.ly/mcgawslc</a> for the latest schedule updates.	
Join our TeamReach "McGaw YMCA Pickleball" group using code YMpickle for court status updates.	

\*updated 6/4/25