



# GYM SCHEDULE - Winter 2 - 2026

YMCA OF THE NORTHWOODS: February 23- April 12

Updated  
2/23/2026

This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	8:00AM	8:00AM
							7:00AM HIIT				
							8:00AM				
8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball			8:00AM Coed Open Basketball	8:00AM Coed Open Basketball		
10:00AM	10:00AM			10:00AM	10:00AM			10:00AM	10:00AM		
							10:30AM Preschool Sports 11:00AM				
12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		1:30PM Head Waters 3:00PM		12:00PM Golf Net 2:00PM		12:00PM Golf Net 2:00PM		2:00PM	2:00PM
							3:45 PM Youth Basketball				
	4:00PM Youth soccer		4:00PM Youth archery				4:30 PM 4:40 PM Youth Basketball 3rd-6th Grade 5:25 PM				
	4:55PM		5:00PM		4:55PM Youth Lacrosse						
					5:50PM						
6:00PM Adult B-Volleyball League	6:00PM Adult B-Volleyball League	6:00PM Adult A-Volleyball League	6:00PM Adult A-Volleyball League			6:00PM Adult Basketball League	6:00PM Adult Basketball League		6:00PM		
9:00PM	9:00PM	9:00PM	9:00PM	8:00PM	8:00PM	9:00PM	9:00PM	8:00PM	Teen Night 8:00PM		

Sunday	
WEST	EAST
1:00PM	1:00PM
5:00PM	5:00PM

**SCHOOL OUT DAYS-SOD**  
 When school is cancelled- The WEST GYM will be used from 9:00-10:00AM for SOD program.  
 SOD dates are: February 27, March 16-20th, April 3.  
 The After School Program will take priority of the West Gym (3PM-4:15PM) pending weather.