



GYM SCHEDULE - Spring 1 - 2026

YMCA OF THE NORTHWOODS: April 13- May 31

Updated
4/13/2026

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		Sunday	
WEST	EAST	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 Bodies in Motion 8:00AM				7:00AM Bodies in Motion 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		10:30AM Preschool Sports 11:00AM	10:00AM	10:00AM				
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		
			4:00PM Floor Hockey 5:00PM		4:00 PM Basketball Teen Fit 5:00 PM		4:00 PM Ultimate Frisbee/ Red Rover 5:00 PM		4:00 PM Volleyball Teen fit 5:00 PM			5:00PM	5:00PM
6:00PM Adult B-Volleyball League 9:00PM	6:00PM Adult B-Volleyball League 9:00PM	6:00PM Adult A-Volleyball League 9:00PM	6:00PM Adult A-Volleyball League 9:00PM			6:00PM Adult Basketball League 9:00PM	6:00PM Adult Basketball League 9:00PM		6:00PM Teen Night 8:00PM				

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: 4/24/26, 5/15/26, 5/25/26.