



GYM SCHEDULE - Summer 1- 2026

YMCA OF THE NORTHWOODS: June 8 - July 18

Updated
5/27/2026

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	10:00AM	10:00AM
			7:30 AM Stretching				7:30 AM Stretching				
8:00AM Open Basketball	8:00AM Coed Open Basketball		8:30 AM	8:00AM Open Basketball	8:00AM Coed Open Basketball		8:30 AM	8:00AM Open Basketball	8:00AM Coed Open Basketball		
10:00AM	10:00AM			10:00AM	10:00AM		10:00 AM Youth Soccer	10:00AM	10:00AM		
12:00PM Summer Camp		12:00PM Summer Camp		12:00PM Summer Camp		12:00PM Summer Camp	11:40 AM	12:00PM Summer Camp			
2:30PM		2:30PM		2:30PM		2:30PM		2:30PM		2:00PM	2:00PM
	3:00 PM Floor Hockey Youth				3:00 PM T-ball Youth		3:00 PM Lacrosse Youth				
	4:00 PM				3:55 PM		3:55 PM				
	4:00 PM Youth Volleyball		4:00 PM Flag football Youth		4:00 PM Youth Basketball		4:00 PM Kickball Youth				
			5:00 PM				4:55 PM				
	6:30 PM										
					7:00 PM						

Summer session kids take precedence of the gym at any point in time. Thanks for your understanding!



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GYM SCHEDULE — Summer 1

Youth Soccer - 1-3 PM, starting 6/22/26-6/26/26
Youth Lacrosse- 1-2 PM, starting 6/29/26-7/3/26
Youth Archery - 1-3 PM, starting 7/13/26-7/17/26

PLEASE SEE THE SUMMER PROGRAM GUIDE FOR CLASS DESCRIPTIONS.