



YMCA OF SAN DIEGO COUNTY
**COMMUNITY
 WELL-BEING
 & BELONGING**

GYM SCHEDULE

DAN MCKINNEY FAMILY YMCA

July 1 – July 31, 2026

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	OPEN PLAY BASKETBALL 5:30-7:30 am	OPEN PLAY BASKETBALL 5:30-7:30 am	OPEN PLAY BASKETBALL 5:30-7:30 am	OPEN PLAY BASKETBALL 5:30-7:30 am	OPEN PLAY BASKETBALL 5:30-7:30 am		
7:00AM						OPEN GYM 7:00-8:30 am	
8:00AM	CAMP DROP OFF 7:30 - 9:30am	CAMP DROP OFF 7:30 - 9:30am	CAMP DROP OFF 7:30 - 9:30am	CAMP DROP OFF 7:30 - 9:30am	CAMP DROP OFF 7:30 - 9:30am		
9:00AM							
10:00AM				OPEN PLAY PICKLEBALL 10:00-11:00am			
11:00AM	OPEN PLAY PICKLEBALL 10:00-12:45pm	OPEN PLAY PICKLEBALL 10:00-12:45pm	OPEN GYM 10:00-12:45pm		OPEN PLAY PICKLEBALL 10:00-12:45pm	YOUTH SPORTS 8:30-3:30 pm	OPEN PLAY BASKETBALL 8:00-2:30 pm
12:00PM				PICKLEBALL CLINICS 11:00-1:00pm		NO SPORTS ON JULY 10th (INSTEAD WILL BE OPEN GYM)	
1:00PM							
2:00PM							
3:00PM	SUMMER CAMP 1:00-5:00pm	SUMMER CAMP 1:00-5:00pm	SUMMER CAMP 1:00-5:00pm	SUMMER CAMP 1:00-5:00pm	SUMMER CAMP 1:00-5:00pm		
4:00PM						OPEN PLAY PICKLEBALL 3:30 -6:30 pm	OPEN PLAY PICKLEBALL 2:30 -5:30 pm
5:00PM							
6:00PM		YOUTH SPORTS (STARTING 7/13) 5:00-6:15pm	YOUTH SPORTS (STARTING 7/13) 5:00-7:00pm	YOUTH SPORTS (STARTING 7/13) 5:00-6:30pm	YOUTH SPORTS CLINICS		
7:00PM	YOUTH SPORTS (STARTING 7/13) 5:00-9:00pm				STARTING 7/10) 5:30-8:00 pm		
8:00PM		OPEN PLAY BASKETBALL 6:30-9:00pm	OPEN PLAY VOLLEYBALL 7:00-8:45 pm	OPEN GYM 6:30-9:00 pm			
9:00PM							

Basketball Court Rules

- Children are not allowed in the courts during pick up games.
- Ages 13+ are able to use the courts during open play without adult present.
- “Open Gym” means 1 court may be utilized for pickleball and 1 court for basketball.
- NO DUNKING
- Shirt/Shoes (non-open toed) are required at ALL times.
- No foul language/violence or implied threats of any kind.
- **NO FOOD OR DRINKS.** Water is allowed.
- Respect for all other participants and staff is required at all times.
- For holiday schedules, please inquire with membership.

***SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**