



RYAN FAMILY YMCA

Basketball Gym Program Schedule | July 2026

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Camp & Sports: 12:00-4:00	30 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Camp & Sports: 12:00-4:00	1 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Camp & Sports Programs: 12:00-4:00 pm	2 Group x: 7:00-7:50 am Summer Camps: 12:00 - 4:00 pm Youth Sports 4:00-5:00pm	3 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15pm Camp & Sports: 12:00-4:00	4 Open Gym: 7:00am - 1:00pm
5 Open Gym: 8:00-3:00 pm	6 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Camp & Sports: 12:00-4:00	7 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Camp & Sports: 12:00-4:00	8 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Camp & Sports Programs: 12:00-4:00 pm	9 Group x: 7:00-7:50 am Summer Camps: 12:00 - 4:00 pm Youth Sports 4:00-5:00pm	10 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15pm Camp & Sports: 12:00-4:00	11 Open Gym: 7:00-5:00 pm
12 Open Gym: 8:00-3:00 pm	13 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Camp & Sports: 12:00-9:00	14 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Camp & Sports: 12:00-9:00	15 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Camp & Sports Programs: 12:00-9:00 pm	16 Group x: 7:00-7:50 am Summer Camps: 12:00 - 4:00 pm Youth Sports 4:00-9:00 pm	17 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15pm Camp & Sports: 12:00-9:00	18 Youth Sports: 7:00-5:00 pm
19 Open Gym: 8:00-3:00 pm	20 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Camp & Sports: 12:00-9:00	21 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Camp & Sports: 12:00-9:00	22 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Camp & Sports Programs: 12:00-9:00 pm	23 Group x: 7:00-7:50 am Summer Camps: 12:00 - 4:00 pm Youth Sports 4:00-9:00 pm	24 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15pm Camp & Sports: 12:00-9:00	25 Youth Sports: 7:00-5:00 pm
26 Open Gym: 8:00-3:00 pm	27 Pickleball: 8:30-10:00 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15 pm Camp & Sports: 12:00-9:00	28 Group x: 7:00-7:50 am Mirror Movement Development Workshop: 3:00-4:00 pm Camp & Sports: 12:00-9:00	29 Pickleball: 8:30-10:00 am Enhance Fitness: 11:15-12:15 pm Camp & Sports Programs: 12:00-9:00 pm	30 Group x: 7:00-7:50 am Summer Camps: 12:00 - 4:00 pm Youth Sports 4:00-9:00 pm	31 Group x: 8:00-8:50 am Pickleball: 9:00-9:50 am Forever Fit: 10:00-10:50 am Enhance Fitness: 11:15-12:15pm Camp & Sports: 12:00-9:00	1 Youth Sports: 7:00-5:00 pm

All times are subject to change. For more information or to confirm times, please call our branch at 619-226-8888.

Normal Operating Hours: M-F 5:30am-9:00pm, SAT 7:00am-5:00pm, & SUN 8:00am-3:00pm



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 5:30-8:30 am 4:00 - 9:00 pm	30 5:30-7:00 am 8:00-12:00 pm 4:00-9:00 pm	1 5:30-8:30 am 10:00-11:00 am 4:00-9:00 pm	2 5:30-7:00 am 8:00-12:00 pm 5:00-9:00 pm	3 5:30-8:00 am 4:00 - 9:00 pm	4 7:00-1:00 pm
5 8:00-3:00 pm	6 5:30-8:30 am 4:00-9:00 pm	7 5:30-7:00 am 8:00-12:00 pm 4:00-9:00 pm	8 5:30-8:30 am 10:00-11:00 am 4:00-9:00 pm	9 5:30-7:00 am 8:00-12:00 pm 5:00-9:00 pm	10 5:30-8:00 am 4:00-9:00 pm	11 7:00-5:00 pm
12 8:00-3:00 pm	13 5:30-8:30 am	14 5:30-7:00 am 8:00-12:00 pm	15 5:30-8:30 am 10:00-11:00 am	16 5:30-7:00 am 8:00-12:00 pm	17 5:30-8:00 am	18 Closed
19 8:00-3:00 pm	20 5:30-8:30 am	21 5:30-7:00 am 8:00-12:00 pm	22 5:30-8:30 am 10:00-11:00 am	23 5:30-7:00 am 8:00-12:00 pm	24 5:30-8:00 am	25 Closed
26 8:00-3:00 pm	27 5:30-8:30 am	28 5:30-7:00 am 8:00-12:00 pm	29 5:30-8:30 am 10:00-11:00 am	30 5:30-7:00 am 8:00-12:00 pm	31 5:30-8:00 am	1 Closed

All times are subject to change. For more information or to confirm times, please call our branch at 619-226-8888.

Normal Operating Hours: M-F 5:30am-9:00 pm, SAT 7:00am-5:00 pm, & SUN 8:00am-3:00 pm