



# RYAN FAMILY YMCA

## Basketball Gym Program Schedule | August 2026

| Sunday                                                                                                      | MONDAY                                                                                                                                 | TUESDAY                                                                                                                | WEDNESDAY                                                                                                                              | THURSDAY                                                                                          | FRIDAY                                                                                                                                                        | SATURDAY                                |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| <b>2</b><br>Open Gym: 8:00–3:00 pm                                                                          | <b>3</b><br>Pickleball: 8:30–10:00 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15 pm<br>Camp & Sports: 12:00–8:00   | <b>4</b><br>Group x: 7:00–7:50 am<br>Mirror Movement Development Workshop: 3:00–4:00 pm<br>Camp & Sports: 12:00–8:00   | <b>5</b><br>Pickleball: 8:30–10:00 am<br>Enhance Fitness: 11:15–12:15 pm<br>Camp & Sports: 12:00–7:00pm                                | <b>6</b><br>Group x: 7:00–7:50 am<br>Summer Camps: 12:00 – 4:00 pm<br>Camp & Sports: 12:00–8:00pm | <b>7</b><br>Group x: 8:00–8:50 am<br>Pickleball: 9:00–9:50 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15pm<br>Camp & Sports: 12:00–8:00   | <b>8</b><br>Youth Sports: 8:30–5:00 pm  |
| <b>9</b><br>Open Gym: 8:00–3:00 pm                                                                          | <b>10</b><br>Pickleball: 8:30–10:00 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 4:00–8:00 pm | <b>11</b><br>Group x: 7:00–7:50 am<br>Mirror Movement Development Workshop: 3:00–4:00 pm<br>Youth Sports: 4:00–8:00 pm | <b>12</b><br>Pickleball: 8:30–10:00 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 4:00–7:00 pm                                | <b>13</b><br>Group x: 7:00–7:50 am<br>Youth Sports: 4:00–8:00 pm                                  | <b>14</b><br>Group x: 8:00–8:50 am<br>Pickleball: 9:00–9:50 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15pm<br>Youth Sports: 4:00–8:00 pm | <b>15</b><br>Youth Sports: 9:30–4:00 pm |
| <b>16</b><br>Drop In Basketball with GoodRec: 9:00–11:00 am                                                 | <b>17</b><br>Pickleball: 8:30–10:00 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 3:00–8:00 pm | <b>18</b><br>Group x: 7:00–7:50 am<br>Mirror Movement Development Workshop: 3:00–4:00 pm<br>Youth Sports: 4:00–8:00 pm | <b>19</b><br>Pickleball: 8:30–10:00 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 4:00–7:00 pm<br>Men's Basketball: 6–9:00 pm | <b>20</b><br>Group x: 7:00–7:50 am<br>Youth Sports: 3:00–8:00 pm                                  | <b>21</b><br>Group x: 8:00–8:50 am<br>Pickleball: 9:00–9:50 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15pm<br>Youth Sports: 3:00–8:00 pm | <b>22</b><br>Youth Sports: 8:30–5:00 pm |
| <b>23</b><br>Drop In Basketball with GoodRec: 9:00–11:00 am<br>Free Adult Volleyball Pick-up: 12:00–2:00pm  | <b>24</b><br>Pickleball: 8:30–10:00 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 3:00–8:00 pm | <b>25</b><br>Group x: 7:00–7:50 am<br>Mirror Movement Development Workshop: 3:00–4:00 pm<br>Youth Sports: 4:00–8:00 pm | <b>26</b><br>Pickleball: 8:30–10:00 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 4:00–7:00 pm<br>Men's Basketball: 6–9:00 pm | <b>27</b><br>Group x: 7:00–7:50 am<br>Youth Sports: 3:00–8:00 pm                                  | <b>28</b><br>Group x: 8:00–8:50 am<br>Pickleball: 9:00–9:50 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15pm<br>Youth Sports: 3:00–8:00 pm | <b>29</b><br>Youth Sports: 9:30–4:00 pm |
| <b>30</b><br>Drop In Basketball with GoodRec: 9:00–11:00 am<br>Free Adult Volleyball Pick-up: 12:00–2:00 pm | <b>31</b><br>Pickleball: 8:30–10:00 am<br>Forever Fit: 10:00–10:50 am<br>Enhance Fitness: 11:15–12:15 pm<br>Youth Sports: 3:00–8:00 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 | August 2026

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

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