



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | October 2026

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

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



RYAN FAMILY YMCA

Basketball Gym Program Schedule | October 2026

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

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