

HOURS OF OPERATION

Monday-Thursday 7am-7pm
Friday 7am-5pm
Saturday 8am-2pm
Sunday 12pm-4pm

CHILDWATCH HOURS

Mon. Wed. & Fri. 8am-11am
Tues. Wed. & Thurs. 5pm-7pm
Saturday 8am-11am

Access Advantage Card Available

Providing 24/7/365 Workouts!

Apply at the front desk, only \$5 per month.

SIGN UP CHANGE!!!

Wanting to reserve a Bike for Cycle, a spot for Bungee HIIT or Trapeze Yoga? Let the Pickleball Group know you will be joining.

Download the App:



SML Y Schedule Code:YSML9622

Please be patient as we transition to online scheduling.

Times may vary due to special circumstances, weather, school closings, special events, and class schedules.

**Please call Front Desk for details.
(540) 721-9622**



UPPER & LOWER SPACE SCHEDULE

SEPTEMBER 2025



Pickleball/Tennis Court Rules

Follow all designated times for play on Daxko & TeamReach app. Signing up is encouraged.

If a court is not being used but is designated for another sport, please use it but know you will be asked to stop play if needed. Please utilize the space!

Reservations can be made during "Open Play" times for \$15/hour or \$25/2 hours per court (half of a tennis court for PB) lower level only.

Reservations must be done in advance. During busy times, reservations are limited to availability.

Play is 2 on, 2 off, after playing 2 come off, paddle system, play until 9 if crowded. (PB)

DO NOT enter a space until it is your designated time to play.

Please put away all chairs and nets at end of play. Y employees have the ability to make last minute changes if needed, regardless of the schedule. Holidays and weather play a big role in daily play.

We want everyone to have fun! We also expect everyone to treat each other and employees with respect. Intimidation and bullying will not be tolerated on or off the courts.

GYMNASIUM

Monday	7:00am - 8:00am	Open Play
	8:00am - 9:00am	Cardio Cycle
	9:00am - 10:00am	Zumba
	10:15am - 1:00pm	Intermediate Pickleball
	1:00pm - 3:00pm	Advanced Pickleball
	3:00 pm - 5:45pm	Open / Family Basketball
Tuesday	6:00pm - 7:00 pm	Zumba
	7:00am - 8:50am	Open Play
	9:00am - 10:00am	Cardio Cycle
	10:10am-1:00pm	Advanced Pickleball
	1:00pm - 3:00pm	Intermediate Pickleball
	3:10pm - 5:00pm	Open Play (PB is on tennis courts)
Wednesday	5:00pm - 7:00pm	Full Court Adult Basketball
	7:00am - 9:00am	Open Play
	9:15am - 10:15am	Cycle & Arms
	10:30 am - 2:00pm	Intermediate Pickleball
	2:00pm - 4:00pm	Beginners Pickleball
	2:00pm - 3:30pm	Intro. to Pickleball Lesson
Thursday	4:00pm - 5:45pm	Open Play
	6:00pm—7:00pm	Zumba
	7:00am - 8:00am	Open Play
	8:00am - 9:00am	Cardio Cycle
	9:15am - 11:30am	Advanced Pickleball
	11:30am - 1:30pm	Intermediate Pickleball
Friday	1:30pm - 3:30pm	Social/All Levels Pickleball
	3:30pm - 7:00pm	Family Basketball
	7:00am - 8:00am	Open Play
	8:00am - 9:00am	30/30/30
	9:00am - 10:00am	Zumba
	10:15am - 5:00pm	Open Play
Saturday	8:00am - 9:00am	Open Play
	9:00am - 10:00am	Sunrise Cycle
Sunday	10:15am - 2:00pm	Open Play
	12:00pm - 4:00pm	Open Play

Monday	7:00am - 8:30am	Open Play (A&B)
	9:00am - 11:30am	Not Available (A)
	9:00am - 5:00pm	Social/All Levels Pickleball (B)
	11:30am - 3:00pm	Beginners Pickleball (A)
	3:00pm - 7:00pm	Tennis (A)
	5:30pm - 7:00pm	Martial Arts (B)
Tuesday	7:00am - 9:00am	Open Play (B)
	7:00am - 11:30am	Tennis (A)
	9:00am - 11:30am	Tennis (B)
	11:30am - 4:00pm	Open Play (B)
	11:30am - 5:30pm	Open Play (A)
	4:00pm— 5:00pm	Free Tennis Lessons for Juniors (B)
Wednesday	5:30pm - 8:00pm	Pickleball All Levels (A & B)
	7:00am - 8:30am	Open Play (A&B)
	9:00am - 11:30am	Not Available (A&B)
	11:30am - 12:30pm	PB Drills with Carlton (A)
	12:30pm - 3:30pm	Open Play (A)
	11:30pm - 3:00pm	Advanced Pickleball (B)
Thursday	3:00pm -7:00pm	Open Play (B)
	3:30pm - 7:00pm	Beginners Pickleball (A)
	7:00am - 8:30am	Open Play (A&B)
	9:00am - 11:30am	Not Available (A&B)
	11:30am - 5:30pm	Open Play (B)
	11:30am - 12:30pm	PB Drills with Carlton (A)
Friday	12:30pm - 5:30pm	Open Play (A)
	5:30pm - 7:00pm	Martial Arts (B)
	4:30pm - 7:00pm	Tennis (A)
	7:00am - 11:30am	Tennis (A&B)
	11:30am - 12:30pm	PB Drills with Carlton (A)
	12:30pm - 5:00pm	Open Play (A&B)
Saturday	8:00am - 10:00am	Tennis (A&B)
	10:00am - 2:00pm	Open Play (A&B)
Sunday	12:00pm - 2:00pm	Advanced Pickleball (B)
	12:00pm - 2:00pm	Intermediate Pickleball (A)
	2:00pm - 4:00pm	Tennis (A&B)

TENNIS COURTS