

HOURS OF OPERATION

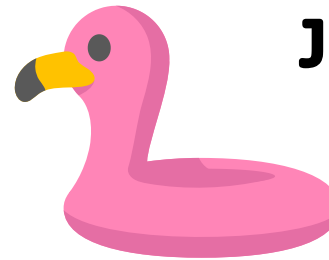
Monday–Thursday 7am–7pm
 Friday 7am–5pm
 Saturday 8am–2pm
 Sunday 12pm–4pm

CHILDWATCH HOURS

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

UPPER & LOWER SPACE SCHEDULE

JUNE 2026



Access Advantage Card Available

Providing 24/7/365 Workouts!

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

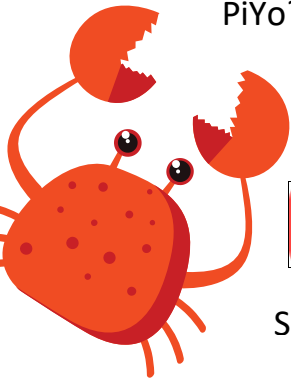
Download Our App!

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

Download the App:



SML Y Schedule Code:YSML9622



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



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

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, so changes may be made to accommodate everyone accordingly.

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 - 7:45am	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
	3:00pm - 5:45pm	Open/Family Basketball
	6:00pm - 7:00pm	Zumba
Tuesday	7:00am - 8:50am	Open Play
	9:00am - 10:00am	Cardio Cycle
	10:15am - 1:00pm	Advanced Pickleball
	1:00pm - 3:00pm	Intermediate Pickleball
	3:00pm - 5:00pm	Senior Basketball 50+
	5:00pm - 7:00pm	Full Court Adult Basketball
Wednesday	7:00am - 9:15am	Open Play
	9:30am - 10:30am	Cycle & Arms
	10:45am - 2:00pm	Intermediate Pickleball
	2:00pm - 3:00pm	Intro. to Pickleball Lesson
	2:00pm - 4:00pm	Beginner Pickleball
	4:00pm - 5:45pm	Open Play
	6:00pm - 7:00pm	Zumba
Thursday	7:00am - 8:00am	Open Play
	8:00am - 9:00am	Cardio Cycle
	9:15am - 11:30am	Advanced Pickleball
	11:30am - 1:30pm	Intermediate Pickleball
	1:30pm - 3:30pm	Social/All Levels Pickleball
	3:30pm - 7:00pm	Family Basketball
Friday	7:00am - 8:15am	Open Play
	8:30am - 10:00am	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
	10:15am - 2:00pm	Open Play
Sunday	12:00pm - 4:00pm	Open Play



Monday	7:00am - 8:45am	Open Play (A&B)
	9:00am - 11:30am	Not Available (A&B)
	11:30am - 5:00pm	Social/All Levels Pickleball (B)
	11:30am - 3:00pm	Beginner Pickleball (A)
	3:00pm - 7:00pm	Tennis (A)
	5:30pm - 7:00pm	Martial Arts (B)
Tuesday	7:00am - 11:30am	Tennis (A)
	7:00am - 4:00pm	Open Play (B)
	11:30am - 5:30pm	Open Play (A)
	4:00pm - 5:00pm	Free Tennis Lessons for Juniors (B)
	5:30pm - 8:00pm	Social/All Levels Pickleball (A&B)
Wednesday	7:00am - 8:45am	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)
	11:30am - 3:00pm	Advanced Pickleball (B)
	3:00pm - 7:00pm	Open Play (A&B)
Thursday	7:00am - 8:45am	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)
	12:30pm - 5:30pm	Open Play (A)
	5:30pm - 7:00pm	Martial Arts (B)
	5:30pm - 7:00pm	Tennis (A)
Friday	7:00am - 9:00am	Tennis (A&B)
	9:00am - 11:30am	Open Play (A&B)
	11:30am - 12:30pm	PB Drills with Carlton (A&B)
	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	Social/All Levels Pickleball (A&B)
	1:00pm - 2:00pm	PB Basics (1/2 of B)
	2:00pm - 4:00pm	Tennis (A&B)



TENNIS COURTS