



San Angelo YMCA Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM - 8:30 AM Summer Day Camp GYM 3	7 AM - 8:30 AM Summer Day Camp GYM 3	7 AM - 8:30 AM Summer Day Camp GYM 3	7 AM - 8:30 AM Summer Day Camp GYM 3	7 AM - 8 AM Summer Day Camp GYM 3	
7:45 AM - 8:30 AM Elite Camp GYM 2	8:30 AM - 11:30 AM Pickleball MAIN GYM	7:45 AM - 8:30 AM Elite Camp GYM 2	8:30 AM - 11:30 AM Pickleball MAIN GYM	7:45 AM - 8:30 AM Elite Camp GYM 2	
8:30 AM - 11:15 AM Pickleball MAIN GYM	8:45 AM - 10 AM Toning GYM 3	8:30 AM - 11:30 AM Pickleball MAIN GYM	8:45 AM - 10 AM Toning GYM 3	8:15 AM - 9:30 AM Zumba GYM 3	
8:45 AM - 10 AM Zumba GYM 3		8:45 AM - 10 AM Strong Nation GYM 3		8:30 AM - 11:15 AM Pickleball MAIN GYM	
	12:30 PM - 2 PM Noon Ball MAIN GYM	12:30 PM - 2 PM Noon Ball MAIN GYM	12:30 PM - 2 PM Noon Ball MAIN GYM	12 PM - 2 PM Noon Ball MAIN GYM	
1 PM - 5 PM Y World of Sports - VB MAIN GYM	1 PM - 5 PM Y World of Sports - BB GYM 3	1 PM - 5 PM Y World of Sports - Soccer GYM 3	1 PM - 5 PM Y World of Sports - FB GYM 3		
5:30 PM - 9 PM Open Pickleball MAIN GYM	5:30 PM - 9 PM 6on6 League MAIN GYM	5:30 PM - 8 PM 6on6 Practice GYM 3	5:30 PM - 8 PM 6on6 Practice GYM 3		
		5:30 PM - 9 PM Open Volleyball MAIN GYM	5:30 PM - 9 PM Open Teen Basketball MAIN GYM		
					Sunday
					1 PM - 5 PM Adult League Basketball MAIN GYM

YMCA

Hours of Operation
 Monday - Thursday
 5am - 9pm
 Friday
 5am - 8pm
 Saturday
 8am - 5pm
 Sunday
 1pm - 5pm

Gym Facility POLICIES

- Open Gym available during non-program times
- Members and Non-Members are able to use the facility during Open Gym Times.
- Non-Member Daily Pass available at \$5(students) and \$8(adults).
- T-shirts, shorts, sweatpants, socks, and closed-toe athletic shoes must be worn at all times.
- Gym Rules are posted in the respected area and must be followed.

Programs are subject to change with little to no notice due to weather or other issues. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.



San Angelo YMCA Pavilion | Turf Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7 AM - 7:45 AM Summer Day Camp PAVILION</p> <p>7:45 AM - 10 AM Elite Camp PAVILION</p> <p>10 AM - 12:30 PM Summer Day Camp PAVILION</p>	<p>7 AM - 12:30 PM Summer Day Camp PAVILION</p>	<p>7 AM - 12:30 PM Summer Day Camp PAVILION</p> <p>7:45 AM - 10 AM Elite Camp TURF</p>	<p>7 AM - 12:30 PM Summer Day Camp PAVILION</p>	<p>7 AM - 12:30 PM Summer Day Camp PAVILION</p> <p>7:45 AM - 10 AM Elite Camp TURF</p>	
<p>3 PM - 5:30 PM Summer Day Camp PAVILION</p>	<p>3 PM - 5:30 PM Summer Day Camp PAVILION</p>	<p>3 PM - 5:30 PM Summer Day Camp PAVILION</p>	<p>3 PM - 5:30 PM Summer Day Camp PAVILION</p>	<p>3 PM - 5:30 PM Summer Day Camp PAVILION</p>	Sunday

Pavilion / Turf POLICIES

- Sport approved and appropriate clothing and shoes must be worn at all times. No cleats or dress shoes.
- Dunking and hanging from rims is prohibited and will result in removal from the Y.
- Mishandling of balls/equipment is prohibited (no throwing, kicking, etc). Return equipment to its proper area.
- NO climbing on or jumping over fenced areas.
- Members, guests and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
- Members, guests and participants will conduct themselves in a sportsmanlike manner; profanity, spitting, unsportsmanlike conduct, provocative language and actions are prohibited.
- Closure due to inclement weather is in following pool policies and can be seen through WeatherBug.
- Please dispose of trash appropriately

YMCA

Hours of Operation
Monday - Thursday
5am - 9pm

Friday
5am - 8pm

Saturday
8am - 5pm

Sunday
1pm - 5pm



San Angelo YMCA Community Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 AM Cycling			
8:30 AM Silver Sneakers	7:45-9:30 AM Elite Camp	8:30 AM Silver Sneakers	7:45-9:30 AM Elite Camp	8:30 AM Chair Mat Yoga	
				9:30 AM All - Level Yoga	11:00 AM - 5:00 PM FACILITY RENTALS
12 - 12:30 PM Lunch Crunch	12 - 12:30 PM HIIT	12 - 12:30 PM Lunch Crunch	12 - 12:30 PM HIIT	12 - 12:30 PM Lunch Crunch	
12:45 PM -3:00 PM DAY CAMP NAP	12:45 PM -3:00 PM DAY CAMP NAP	12:45 PM -3:00 PM DAY CAMP NAP	12:45 PM -3:00 PM DAY CAMP NAP	12:45 PM -3:00 PM DAY CAMP NAP	
5:30 PM Build N' Burn	5:30 PM Oh, My Quad 30 min class	6:00 PM Tone and Sculpt 45	5:30 PM Every Minute COUNTS 35 Min Class	5:00 PM - 8:00 PM	1:00 PM - 5:00 PM FACILITY RENTALS
6:30 PM Zumba@ Burst 30 Min Class	6:00 PM TOTAL BODY POWER		6:05 PM De-Stress 30 Min Class	FACILITY	
7:00 PM Firm & Fabulous 30 Min Class			6:45 PM Zumba@	RENTALS	
					Sunday

YMCA

Hours of Operation
 Monday - Thursday
 5am - 9pm
 Friday
 5am - 8pm
 Saturday
 8am - 5pm
 Sunday
 1pm - 5pm

Community POLICIES

- Fitness Closet equipment is only for Program Usage - NOT GENERAL USE
- Sport approved and appropriate clothing and shoes must be worn at all times. No cleats or dress shoes.
- Mishandling of equipment is prohibited. Return equipment to its proper area.
- Members, guests and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
- Members, guests and participants will conduct themselves in a sportsmanlike manner; profanity, spitting, unsportsmanlike conduct, provocative language and actions are prohibited.
- Please dispose of trash appropriately



San Angelo YMCA ESPORTS ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	Day Camp 12:00 PM - 5:00 PM	C L O S E D	C L O S E D	C L O S E D	Open Play 8:00 AM - 5:00 PM
Open Play 12:00 PM - 9:00 PM	NOT OPEN FOR THE PUBLIC	Open Play 12:00 PM - 9:00 PM	Minecraft Club 12:00 PM - 5:00 PM	Open Play 12:00 PM - 9:00 PM	Sunday
	Open Play 5:00 PM - 9:00 PM		Open Play 5:00 PM - 9:00 PM		Open Play 1:00 PM - 5:00 PM

ESPORTS LOUNGE POLICIES

- Members, age 7+ may participate in all Esports activities.
- Members aged 5 - 6 may participate in Esports activities if dropped off by an adult 18+, or with a sibling 13+.
- No obscene or vulgar language will be allowed in the Esports Lounge.
- No wet clothing or swimsuits are allowed in the Esports Lounge.
- Only sealed drinks AND snacks will be allowed in the Esports Lounge and must be kept on the staff desk, NOT at the computer.

Esports Lounge availability is subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.

ENTRANCE TO THE ESPORTS LOUNGE IS THE DOOR LOCATED NEXT TO THE PAVILLION.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lap Swim 5:30am - 8:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>Swim Lessons 9:00am - 11:00am</p> <p>H2O Aerobics 11:00am - 12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>Open Swim 1:00pm to 2:00pm Swim Club 1:00pm - 2:00pm</p> <p>Summer Day Camp 2:00pm - 4:00pm</p> <p>Open Swim 4:00pm - 5:00pm</p> <p>Swim Club 5:15pm - 6:15pm Swim Starters 5:00pm - 6:00pm</p> <p>Open Swim 6:15pm</p> <p>Open Swim ends 8:45pm</p>	<p>Lap Swim & Water Fitness 5:30am - 8:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>Swim Lessons 9:00am - 11:00am</p> <p>Water Fitness 11:00am - 12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>Open Swim 1:00pm to 5:00pm Swim Club 1:00pm - 2:00pm</p> <p>Swim Club 5:15pm - 6:15pm Swim Lessons 4:00pm - 6:00pm</p> <p>Open Swim 6:15pm Aqua Zumba@ 6:30pm - 7:30pm</p> <p>Open Swim ends 8:45pm</p>	<p>Lap Swim 5:30am - 8:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>Swim Lessons 9:00am - 11:00am</p> <p>Summer Day Camp 11:00am - 12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>Open Swim 1:00pm to 2:00pm Swim Club 1:00pm - 2:00pm</p> <p>Summer Day Camp 2:00pm - 4:00pm</p> <p>TRANSITION (CLOSED) 4:00pm - 5:00pm</p> <p>Swim Club 5:15pm - 6:15pm Swim Starters 5:00pm - 6:00pm</p> <p>Open Swim 6:15pm</p> <p>Open Swim ends 8:45pm</p>	<p>Lap Swim & Water Fitness 5:30am - 8:00am</p> <p>H2O Aerobics 8:00am - 9:00am</p> <p>Swim Lessons 9:00am - 11:00am</p> <p>H2O Aerobics 11:00am - 12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>Open Swim 1:00pm to 5:00pm Swim Club 1:00pm - 2:00pm</p> <p>Swim Club 5:15pm - 6:15pm Swim Lessons 4:00pm - 6:00pm</p> <p>Open Swim 6:15pm</p> <p>Open Swim ends 8:45pm</p>	<p>Lap Swim 5:30am - 8:00am</p> <p>Water Fitness 8:00am</p> <p>to</p> <p>12:00pm</p> <p>Lap Swim 12:00pm - 1:00pm</p> <p>Open Swim 1:00pm</p> <p>Open Swim ends 7:45pm</p>	<p>Lap Swim 8:00am - 10:00am</p> <p>H2O Aerobics 9:00am - 10:00am</p> <p>Water Fitness 11:00am - 12:00pm</p> <p>Open Swim 12:00pm - 4:45pm</p>	<p>Open Swim 1:00pm - 4:45pm</p>

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

For real-time updates, subscribe to the REMIND app. Simply text @saymca3 to 81010

ALL SWIMMERS YOUNGER THAN 16 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY TO UTILIZE THE DEEP END.

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted, showing a front crawl stroke, and float on the back, showing the skill is efficient.

Inclement Weather Policy:

The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.

Group Fitness Classes:

Activities indicated in **BLUE** are instructor-led classes. The participants in these classes must have the ability to see and hear the instructor with no distractions. Please be considerate of others and the ongoing activities. Certain classes might have specific area designated for open swim. Kindly remain within these designated zones; in case of increasing class sizes, the open swim area may be restricted to accommodate group fitness sessions.

Hot Tub:

On alternate Thursdays of every month, the hot tub will be closed from 1:00 P.M. to 5:00 P.M. for routine cleaning and maintenance.

Please note that these timings and days are subject to potential changes.