

NORTHWEST YMCA

Open Gym Schedule

Effective 09/08/2020-10/31/2020

To ensure you have the opportunity to strengthen family through quality time together or can develop a wellness routine that includes indoor sports, the Y offers the following open gym times as part of your membership. During times not listed below, the gyms are closed for youth sport leagues, group exercise, summer day camp or instructional classes. All schedules can be found on our Y mobile app, ymcawichita.org, and any YMCA membership desk. Open gym times are subject to change and schedules for all Greater Wichita YMCA locations are available online at ymcawichita.org.

GYM 1	
Times listed below are available for play recreational gym use.	
Sunday	6:30A-7:00P
Monday	4:30A-9:00P
Tuesday	4:30A-8:00A
	11:30A-9:00P
Wednesday	4:30A-9:00P
Thursday	4:30A-8:00A
	11:30A-9:00P
Friday	4:30A-4:00P
	8:00P-9:00P
Saturday	6:30A-7:00P

GYM 2	
Times listed below are available for play recreational gym use.	
Sunday	6:30A-7:00P
Monday	4:30A-4:30p
	8:30P-9:00P
Tuesday	4:30A-5:15P
	8:30P-9:00P
Wednesday	4:30A-5:15P
	8:30P-9:00P
Thursday	4:30A-5:15P
	8:30P-9:00P
Friday	4:30A-5:15P
	7:30P-9:00P
Saturday	6:30A-7:30A
	5:00P-7:00P

GYM 3	
Times listed below are available for play recreational gym use.	
Sunday	6:30A-7:00P
Monday	4:30A-6:15P
	8:30P-9:00P
Tuesday	4:30A-6:15P
	8:30P-9:00P
Wednesday	4:30A-6:00A
	8:30P-9:00P
Thursday	4:30A-6:15P
	8:30P-9:00P
Friday	4:30A-9:00P
Saturday	6:30A-7:30A
	5:00P-7:00P

FIND WHAT MOVES YOU!

Take your schedule on the go with the Y's NEW mobile app! Open Gym, Open Swim, Lap Pool, Group Exercise, and Open Climbing Wall schedules are available for all 9 Greater Wichita YMCAs!



GYM RULES

- Dunking and/or hanging on basketball goals is not allowed.
- No food or drink is allowed in the gym, except for water in non-breakable container

RACQUETBALL/HANDBALL

Invite your friends and family to join you at center court for a great way to stay active together.

Access to racquetball courts is included in YMCA membership, and equipment is available for check out at the front desk.

Reserve your court online up to 24hrs in advance ymcawichita.org/racquetball.

INDOOR TRACK

Access to the Y's indoor tracks is included in your membership.

Those ages 13+ may use tracks during regular hours of operation. Children under age 13 must be accompanied by an adult and may have restricted access during peak usage.