



Sebring-Lewis Center Basketball Gym Schedule
Gym Programs Schedule
as of September 8, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
6:00am-7:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court				
7:00am-8:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court				
8:00am-9:00am	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Intermediate Pickleball	Open Court	Pickleball	Open Court
9:00am-10:00am	Pickleball	Pickleball	Full Body Fit Cardio 9:00-9:45	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Club Deportes	Zumba 9:00-9:45		Zumba 9:00-9:45
10:00am-11:00am	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open Court	Grades K-3 Basketball Skills Academy	Sunday Play Day with Family Gym and More! 10:15-1:00	Parent/Child Tumbling
11:00am-12:00pm	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open court	Open Court		Pre-K Tumbling
12:00pm-1:00pm	Open Court	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball	Open Court	Pickleball	Open Court	Pickleball	Girls Basketball Academy	Open Court		Open Court
1:00pm-2:00pm	Open Court	Beginner Pickleball	Open Court	Pickleball	Open Court	Staff Pickleball	Open Court	Pickleball	Open Court	Beginner Pickleball	Open Court	Open Court	Open Court	Beginner Pickleball League
2:00pm-3:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Kids club	Beginner & Family Pickleball	Open Court	Beginner Pickleball League
3:00pm-4:00pm	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Open Court	Beginner & Family Pickleball	Open Court	Pickleball
4:00pm-5:00pm	Open Court	MetaMedia	Open Court	Children's Center	Open Court	Children's Center	Open Court	MetaMedia	Open Court	MetaMedia	Open Court	Pickleball	Open Court	Pickleball
5:00pm-6:00pm	Open Court	Open Court	Open Court	Open Court	Open court	Open Court	Grades K-5 Basketball Skills Academy	Open Court	Family Fun Night with Family Gym & More! 5:30-7:30	Open Court	Open Courts	Pickleball		
6:00pm-7:00pm	Open Court	Pickleball	Open Court	Pickleball	Open court	Middle School Volleyball Skills Academy	Middle School Basketball	Open Court		Open Court				
7:00pm-8:00pm	Open Court	Pickleball	Open Court	Pickleball	Pickleball League 3.0-3.5	Pickleball League 3.0-3.5	Open Court	Open Court		Open Court				

Sebring-Lewis Center Gymnasium Guidelines	
Respect * Respect is a core value at the Y. Please treat all members, staff, spaces and equipment respectfully. * Thank you for keeping this a safe and clean space by securing your belongings in a locked locker. * Everyone belongs at the Y. Thank you for keeping this space comfortable. Photography and recording is permitted by Y staff only.	Equipment * Use of a personal ball is allowed. There will be balls and other gym equipment available.
Clothing and Belongings * Thank you for keeping this a safe and clean space by securing your belongings in a locked locker. * Please wear closed-toe athletic shoes with non-marking soles. * Your comfort is important. Please wear a shirt that covers your midriff and back and portrays family-friendly, non-offensive language. * Please use water bottles with lids and made of non-breakable material. Food and gum may be enjoyed outside the Y.	Age * We ensure youth safety. Youth under age 11 must be accompanied by an adult member for Open Court. Youth ages 11-13 must have an adult member in the building.
Staff * We want to support your goals. Personal training may be conducted by Y staff only. * We are here to serve you. Please report any issues directly to a Y staff. Staff has final authority in all guidelines to keep our McGaw YMCA community safe.	Program legend: Family Programming Meta Media Group Exercise Classes (free to members) New/Special Programming Open Court Paid Programming Pickleball (free to members) YMCA Children's Center Services
Schedule subject to change due to school holidays and special events. Visit bit.ly/mcgawslc for the latest schedule updates.	Join our TeamReach "McGaw YMCA Pickleball" group using code YMpickle for court status updates.