

NORTHWEST YMCA

Open Gym Schedule

Effective 1/1/2020-3/7/2020

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-8:00P
Monday	4:30A-5:30P
	7:45P-11:00P
Tuesday	4:30A-8:00A
	11:30A-5:30P
	7:45P-11:00P
Wednesday	4:30A-5:30P
	7:45P-11:00P
Thursday	4:30A-8:00A
	11:30A-5:30P
	7:45P-11:00P
Friday	4:30A-1:30P
	4:30P-9:30P
Saturday	6:30A-7:00A
	5:00P-8:00P

GYM 2	
Times listed below are available for play recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-5:30p
	7:45P-11:00P
Tuesday	4:30A-5:30P
	7:45P-11:00P
Wednesday	4:30A-5:30P
	6:45P-11:00P
Thursday	4:30A-5:30P
	8:45P-11:00P
Friday	4:30A-6:30P
	7:45P-9:30P
Saturday	6:30A-7:00A
	5:00P-8:00P

GYM 3	
Times listed below are available for play recreational gym use.	
Sunday	6:30A-8:00P
Monday	4:30A-5:30P
	8:45P-11:00P
Tuesday	4:30A-5:30P
	7:45P-11:00P
Wednesday	4:30A-5:30P
	7:45P-11:00P
Thursday	4:30A-5:30P
	8:45P-11:00P
Friday	4:30A-6:30P
	7:45P-9:30P
Saturday	6:30A-7:00A
	5:00P-8:00P



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
- Please do not use profanity; we are a family facility

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!



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.