

Open Gym Rules

There are designated times for anyone interested in enjoying our gym in a fun, relaxing environment.

General Rules and Information

- Horseplay or other unsafe behavior is not permitted.
- Adhere to all rules set by Y staff.
- Be sure to wear proper attire.
- Please see program guide or gym wall for a complete list of rules.

Please remember that our GYM is shared by programs, classes families, camp, and all our members.

The Y holds priority over the gym schedule for programs such as sports or child care.

The gym schedule is subject to change without notice due to weather, special events and/or gym rentals.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, social media, and Remind (see front desk for information)

****FEES and Registration required for sports programs***

GYM HOURS

Monday- Friday 6:00 am - 8:00 pm
Saturday 8:00 am - 1:45 pm
Sunday Closed

MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and social responsibility.

Sports Department

570-421-2525 x 0100
sports@poconoymca.org



Pocono Family YMCA
809 Main St.
Stroudsburg, PA 18360
P: 570 421 2525
www.poconoymca.org



POCONO FAMILY YMCA
809 Main St. Stroudsburg, PA 18360 570.421.2525

GYM

April 1- April 30
SCHEDULE

EVERYONE IS WELCOME IN OUR GYM!

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The gym is closed during all sports and childcare times.

GYM SCHEDULE

Apr 1- Apr 30

MONDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am Pickleball
10:30 am - 12:00pm Childcare
12:00 pm - 1:00 pm Zumba Fitness
1:15pm-3:00pm Open Gym
3:15 pm - 6:00 PM Childcare
6:30 pm - 8:00 pm Pocono Vipers

TUESDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am Pickleball
10:30 am - 12:00 pm Childcare
12:15 pm - 2:15 pm BPSC Pickleball
2:30 pm - 4:15 pm Open Gym
4:30 pm - 5:45 pm Childcare
6:00 pm - 8:00 pm Special Olympics
"Boxing in the Boxing Area 4PM & 5PM"

WEDNESDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am Pickleball
10:30 am - 12:30 pm Childcare
12:45 pm - 3:00 pm Open Gym
3:15 pm - 5:45 pm Childcare
6:00 pm - 7:00 pm Fencing
7:15 pm -8:15 pm Pocono JAM

THURSDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am Pickleball
10:30 am - 12:00 pm Childcare
12:15 pm - 2:15 pm BPSC Pickleball
2:30 PM - 3:50 PM Open Gym
4: 00 pm - 5:00 pm Childcare
5:00pm - 6:00 pm Pick up Volleyball
6:00 pm - 8:00 pm Pocono Vipers
"Boxing in the Boxing Area 4PM & 5PM"

FRIDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am Pickleball (with instructor)
10:30 am - 12:00 pm Childcare
12:15 pm- 1:30 pm Pickleball
1:45 pm- 3:00 pm Basketball Open Run
3:15 pm - 5:00 pm Childcare
5:15 pm- 6:15 pm Pickup Soccer
6:30 pm - 8:00 pm Pocono Vipers

SATURDAY

8:00 am - 10:45 am Adult Pickup Basketball
11:00 am- 2:00 pm Skills & Drills
**Karate in aerobic studio 1:00 pm

