

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

Jul 1st Jul 31st
SCHEDULE

EVERYONE IS WELCOME IN OUR GYM!

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

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

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)

The Gymnasium is closed to the public during Youth Sports and Childcare times.

GYM SCHEDULE

Jul 1st- Jul 31st

MONDAY

6:30 am - 8:45 am Open Gym
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 10:50 am Childcare 3's & Under
11:00 am - 11:45 am Childcare Pre K
12:00 pm - 1:30 pm Q Brice Training
1:45 pm - 3:50 pm Rec Sports Training
4:00 pm - 5:00 pm Q Brice Training
5:15 pm - 6:15 pm Volleyball
6:30 pm - 8:00 pm Pocono Vipers

TUESDAY

7:00 am - 8:45am Q Brice Training
9:00 am - 10:10 am OPEN Pickleball
10:20 am - 11:00 am Childcare LCC
11:15 pm - 1:15 pm BPSC Pickleball
1:30 pm - 3:50 pm Rec Sports Training
4:00 pm - 6:00 pm Childcare
6:30pm - 8:00 pm Open Gym

WEDNESDAY

7:00 am - 8:45 am Q Brice Training
9:00 am - 10:10 am OPEN Pickleball
10:15 am - 11:10 am Childcare LCC
11:15 pm - 12:15 pm Tiny Toes Daycare
12:30pm - 2:00pm BPSC Pickleball
2:10 pm - 3:50 pm Open Gym
4:00 pm - 5:30 pm Childcare
6:00 pm - 8:00 pm Pocono Jam

THURSDAY

6:30 am - 8:45 am Open Gym
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 10:50 am Childcare 3's & Under
11:00 am - 11:30 am Childcare Pre K
11:40 am - 1:40 pm BPSC Pickleball
1:45 pm - 3:50 pm Rec Sports Training
4:00pm - 5:00 pm Q Brice Training
5:15pm - 6:15pm Volleyball
6:30 pm - 8:00 pm Pocono Vipers

FRIDAY

6:30 am - 8:45 am Open Gym
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 10:50 am Childcare 3's & Under
11:00 am - 11:45 am Childcare Pre K
12:15 pm - 1:30 pm Q Brice Training
1:45 pm - 3:50 pm Rec Sports Training
4:00 pm - 5:00 pm Q Brice Training
5:10pm - 6:20pm East Stroudsburg South Boys Basketball
6:30 pm - 8:00 pm Pocono Vipers

SATURDAY

8:00 am - 10:50 am Adult Pickup Basketball
*11:00 am- 2:00 pm Skills & Drills
***No Skills & Drills Jun 6th, Jun 27th or July 4th & 11th**
**Karate in aerobic studio 12:00 pm

