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 SCHEDULE

Nov 1st - Nov 30th

EVERYONE IS WELCOME IN OUR GYM!

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The Gymnasium is closed to the public during YMCA Youth Sports, Special Events, and YMCA Childcare times.

GYM SCHEDULE

Nov 1st- Nov 30th

MONDAY

6:30 am - 8:45 am Childcare
9:00 am -10:30 am OPEN Pickleball
10:40 am - 11:45 am Childcare
11:50 am - 12:20 pm Cleaniness of Gym
12:25 pm - 1:40 pm Open Pickleball
1:45 pm - 3:50 pm Rec Sports/Family Gym
4:00 pm - 5:00 pm Childcare
5:15 pm - 6:15 pm Training Shaqacademy
6:30 pm - 8:00 pm Pocono Vipers

TUESDAY

6:30 am - 8:45am Childcare
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 11:20 am Childcare LCC
11:30 pm - 1:30pm BPSC Pickleball
1:40 pm - 3:50 pm Rec Sports/Family Gym
4:00 pm - 5:00 pm Childcare
5:15 pm - 6:15 pm Training Shaqacademy
6:30pm - 8:00 pm Q Brice Training

WEDNESDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 11:40 am Childcare LCC
11:50 am - 12:20 pm Cleaniness of Gym
12:30pm - 1:50pm BPSC Pickleball
2:00 pm - 3:30 pm Open Gym
4:00 pm - 5:00 pm Childcare
5:15 pm - 6:15 pm Training Shaqacademy
6:30 pm - 8:00 pm Pocono Jam

THURSDAY

6:30 am - 8:45 am Childcare
9:00 am - 10:15 am OPEN Pickleball
10:20 am - 11:20 am Childcare
11:30 am - 1:30 pm BPSC Pickleball
1:45 pm - 3:50 pm Rec Sports/Family Gym
4:00pm -5:15 pm Childcare
5:30pm - 6:30pm Q Brice Training
6:30 pm - 8:00 pm Pocono Vipers

FRIDAY

6:30 am - 8:45 am Childcare
9:00 am -10:30 am OPEN Pickleball
10:40 am - 11:45 am Childcare
11:50 am - 12:20 pm Cleaniness of Gym
12:25 pm - 1:40 pm OPEN Pickleball
1:45 pm - 3:50 pm Open Gym
4:00 pm - 5:00 pm Childcare
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
****Karate in aerobic studio 12:00 pm**

