



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA Fairfax County Reston

## GYM SCHEDULE

### Facility Hours

Mon-Fri 5:00 am – 10:00 pm  
Sat 7:00 am – 9:00 pm  
Sun 8:00 am – 8:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 8:30 am Open Gym	5:00 – 8:30 am Open Gym	5:00 – 8:30 am Open Gym	5:00 – 8:30 am Open Gym	5:00 – 8:30 am Open Gym	7:00 – 8:00 am Open Gym	8:00 – 10:00 am Open Gym
8:00 – 12:00 pm* Preschool Sports	8:00 – 12:00 pm* Preschool Sports	8:00 – 12:00 pm* Preschool Sports	8:00 – 12:00 pm* Preschool Sports	8:00 – 12:00 pm* Preschool Sports	8:00 – 1:30 pm* Youth Sports	10:00 – 12:00 pm Pickle Ball
12:00 – 2:45 pm Open Gym	12:00 – 1:30 pm Pickle Ball	12:00 – 2:45 pm Open Gym	12:00 – 1:30 pm Pickle Ball	11:45 – 12:45 pm Toddler Time (Every 3 <sup>rd</sup> Friday of the month)	1:30 – 7:00 pm Open Gym	12:00 – 6:00 pm Open Gym
	1:30 – 2:45 pm Open Gym		1:30 – 2:45 pm Open Gym			6:00 – 8:00 pm Volleyball
2:45 – 6:00 pm* Youth Development	2:45 – 6:00 pm* Youth Development	2:45 – 6:00 pm* Youth Development	2:45 – 6:00 pm* Youth Development	2:45 – 6:00 pm* Youth Development		
6:00 – 10:00 pm Open Gym	6:00 – 8:00 pm Open Gym	6:00 – 10:00 pm Open Gym	6:00 – 8:00 pm Open Gym	6:00 – 10:00 pm Open Gym		
	8:00 – 10:00 pm Volleyball					

Open Gym may be used by any member or guest. Please be respectful and caring of others who wish to share the space. No full court games allowed. Open Gym may be cancelled without prior notice if YMCA programming dictates.

Pickle ball/Volleyball is available for full court games for members and guests (ages 16+). All skill levels are welcomed.

\* indicates programs in which only registered members (in program/class/league) may participate.

\*Please note that the YMCA reserves the right to alter and update this schedule at any time for different programs and branch events. We appreciate your flexibility! ☺ Thanks for your support