

FALLBROOK YMCA

GYM SCHEDULE



ymcalincoln.org
Updated 3/14/25

YMCA GYM (SOUTH)

SUNDAY

8:00am – 11:00am Open Gym
11:00am – 2:00pm Open Gym/**Pickleball**
2:00pm – 5:50pm Open Gym*

*YMCA birthday party/rentals will take priority over open gym 12:00pm – 4:30pm if the full use of the gym is required.

MONDAY/WEDNESDAY/FRIDAY

5:00am – 12:00pm Open Gym
12:00pm – 1:00pm Closed – Corporate Reservation
1:00pm – 2:30pm Closed – Schoo Middle School use
2:30pm – 5:30pm Open Gym
5:30pm – 7:30pm **Pickleball**
7:30pm – 8:50pm Open Gym*/YMCA Programming

YMCA Programming will take priority over open gym if the full use of the gym is required.

*YMCA birthday party/rentals will take priority over open gym 6pm–8pm on Friday's if the full use of the gym is required.

TUESDAY/THURSDAY

5:00am – 6:00am Open Gym
6:00am – 7:45am Open Gym/**Pickleball**
7:45am – 12:00pm Open Gym
12:00pm – 1:00pm Closed – Corporate Reservation
1:00pm – 2:30pm Closed – Schoo Middle School use
2:30pm – 4:30pm Open Gym
4:30pm – 8:00pm Closed – YMCA Programming
8:00pm – 8:50pm Open Gym

YMCA programming will take priority over open gym if the full use of the gym is required.

SATURDAY

8:00am – 11:00am Open Gym
11:00am – 12:00pm Closed – YMCA Programming
12:00pm – 5:50pm Open Gym*

*YMCA birthday party/rentals will take priority over open gym 12:00pm – 4:30pm if the full use of the gym is required.

SCHOO GYM (NORTH)

SUNDAY

8:00am – 5:50pm Open Gym

MONDAY/WEDNESDAY/FRIDAY

5:00am – 8:00am Open Gym
8:00am – 5:00pm Closed – Schoo Middle School use
5:00pm – 8:50pm Open Gym

YMCA Programming will take priority over open gym if the full use of the gym is required.

TUESDAY/THURSDAY

5:00am – 7:00am Open Gym
8:00am – 5:00pm Closed – Schoo Middle School use
5:00pm – 8:50pm Open Gym

YMCA Programming will take priority over open gym if the full use of the gym is required.

SATURDAY

7:00am – 5:50pm Open Gym

THINGS TO KNOW

- Play safely, and be considerate of others. No profanity, fighting, yelling, or unsportsmanlike conduct.
- No hanging on basketball rims or nets.
- Shirts are required at all times.
- Please secure your personal belongings in a locker. The YMCA is not responsible for personal injury or for lost, damaged, or stolen items.
- YMCA Youth Policy applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- All schedules are subject to change. The YMCA reserves the right to schedule programs, rentals, and special events, and will make every effort to notify members of any schedule changes.

WHAT TO BRING

- Gym Equipment – Limited basketballs, volleyballs, and Pickleball equipment will either be available in the gyms or at the Front Desk for check-out
- Water Bottles – Other beverages and food not permitted while using the Gym
- Towels

Fallbrook YMCA | 700 Penrose Dr | 402-323-6444