

# FALLBROOK YMCA

## GYM SCHEDULE



ymcalincoln.org  
Updated 8/21/2025

### 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 - 8:00am Open Gym  
8:00am - 9:00am Closed - Schoo Middle School use  
9:00am-12:00pm Open Gym\*  
12:00pm-1:10pm Closed - Corporate Reservation  
1:10pm-3:00pm Closed - Schoo Middle School use  
3:00pm-5:30pm Open Gym\*/YMCA Programming  
5:30pm - 7:30pm Open Gym\*/Pickleball  
7:30pm - 8:50pm Open Gym\*

\*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 - 8:00am Open Gym/Pickleball  
8:00am - 9:00am Closed - Schoo Middle School use  
9:00am - 12:00pm Open Gym\*  
12:00pm - 1:10pm Closed - Corporate Reservation  
1:10pm - 3:00pm Closed - Schoo Middle School use  
3:00pm-8:00pm Open Gym\*/YMCA Programming

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

#### SATURDAY

7:00am-8:30am Open Gym/Pickleball  
8:30am - 11:30am Closed - YMCA Programming  
11:30am - 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\*

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

#### MONDAY/WEDNESDAY/FRIDAY

5:00am - 7:50am Open Gym\*  
7:50am - 5:00pm Closed - Schoo Middle School use  
5:00pm - 8:50pm Open Gym\*

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

#### TUESDAY/THURSDAY

5:00am - 7:50am Open Gym\*  
7:50am - 5:00pm Closed - Schoo Middle School use  
5:00pm - 8:50pm Open Gym\*- North Court  
5:30pm - 7:30pm Pick-up Basketball- South Court

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

#### SATURDAY

7:00am - 5:50pm Open Gym\*

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

### THINGS TO KNOW

- Volleyball Nets can be set-up in the YMCA Gym upon request during Open Gym times on Saturdays, Sundays and non-school days. Please visit the Front Desk , or call ahead, to make the request.
- 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