

# NORTHEAST YMCA

## GYM SCHEDULE



ymcalincoln.org

### MONDAY

5:00am – 8:00am  
8:00am – 10:00am  
10:00pm – 11:00am  
11:00am – 11:30am  
11:30am – 2:00pm  
2:00pm – 4:00 pm  
4:00pm – 7:00pm  
7:00pm – 8:45pm

Open Gym / [Track](#)  
Open Gym / [Pickleball](#)  
Open Gym  
Open Gym / [Preschool](#)  
Open Gym  
Open Gym / [Track](#)  
Open Gym  
Open Gym / [Pickleball](#)

### TUESDAY

5:30am – 7:00am  
7:00am – 9:00am  
9:00am – 11:00am  
11:00am – 11:30am  
11:30am – 12:00pm  
12:00pm – 2:00pm  
2:00pm – 4:00pm  
4:00pm – 8:45pm

Adult Basketball  
[Pickleball](#)  
Open Gym / [Track](#)  
Open Gym / [Preschool](#)  
Open Gym  
Open Gym / [Pickleball](#)  
Open Gym / [Track](#)  
Open Gym

### WEDNESDAY

5:00am – 8:00am  
8:00am – 10:00am  
10:00pm – 11:00am  
11:00am – 11:30am  
11:30am – 2:00pm  
2:00pm – 4:00pm  
4:00pm – 7:00pm  
7:00pm – 8:45pm

Open Gym / [Track](#)  
Open Gym / [Pickleball](#)  
Open Gym  
Open Gym / [Preschool](#)  
Open Gym  
Open Gym / [Track](#)  
Open Gym  
Open Gym / [Pickleball](#)

### THURSDAY

5:30am – 7:00am  
7:00am – 9:00am  
9:00am – 11:00am  
11:00am – 11:30am  
11:30am – 12:00pm  
12:00pm – 2:00pm  
2:00pm – 5:00pm  
5:00pm – 7:30pm  
7:30pm – 8:45pm

Adult Basketball  
[Pickleball](#)  
Open Gym / [Track](#)  
Open Gym / [Preschool](#)  
Open Gym  
Open Gym / [Pickleball](#)  
Open Gym / [Track](#)  
[Gymnastics](#)  
Open Gym

### FRIDAY

5:00am – 8:00am  
8:00am – 10:00am  
10:00am – 11:00am  
11:00am – 11:30am  
11:30am – 2:00PM  
2:00pm – 4:00pm  
4:00pm – 7:00pm  
7:00pm – 8:45pm

Open Gym / [Track](#)  
Open Gym / [Pickleball](#)  
Open Gym  
Open Gym / [Preschool](#)  
Open Gym  
Open Gym / [Track](#)  
Open Gym  
Open Gym / [Pickleball](#)

### SATURDAY

7:00am – 8:30am  
8:30am – 11:00am  
11:00am – 2:00pm  
2:00 pm – 4:00pm  
4:00pm – 5:45pm

Adult Basketball  
[Gymnastics](#)  
Open Gym / [Track](#)  
Open Gym  
Open Gym / [Pickleball](#)

### SUNDAY

8:00am – 9:00am  
9:00am – 11:00am  
11:00am – 1:00pm  
1:00pm – 5:45pm

Open Gym  
[Pickleball](#)  
Open Gym / [Track](#)  
Open Gym

August 11–December 19

### THINGS TO KNOW

- Gymnasium closes 15 minutes prior to facility closing.
- Youth under the age of 15 must be accompanied by an adult on LPS school days between 3–5pm unless involved in a YMCA program.
- 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. LPS non-school days: 9/1, 2, 10/10, 13, 14, 11/26, 27, 28, 12/1, 22–1/2/2026.
- Pickleball players set up and take down equipment. Pickleball court availability can be viewed and scheduled on [Playtimesscheduler.com](#). This is not a court reservation, but allows you to view other players coming during each time. Skill Levels: 1–west court–Beginner, 2–center/east courts–Intermediate

### 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

Northeast YMCA | 2601 N 70th St | 402-434-9262