

FALLBROOK YMCA

GYM SCHEDULE



ymcalincoln.org
Updated 4/1/2026

YMCA GYM (SOUTH)

SUNDAY

8:00am - 11:00am	Open Gym
11:00am - 2:00pm	Pickleball*
2:00pm - 4:00pm	Open Gym/Pick-up Volleyball*
4:00pm - 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. Please watch the signs indicating when the gym will be closed.

MONDAY/WEDNESDAY/FRIDAY

5:00am-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
6:00pm-8:45pm	Open Gym*/Pickleball
7:30pm - 8:50pm	Open Gym*

WEDNESDAY ONLY!
8:00am-11:00am
Open Gym/ Pickleball

*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. Please watch the signs indicating when the gym will be closed.

TUESDAY/THURSDAY

5:00am - 6:00am	Open Gym
6:00am - 8:00am	Open Gym/Pickleball
8:00am - 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. Please watch the signs indicating when the gym will be closed.

SATURDAY

7:00am-8:30am	Pickleball
8:30am - 11:30am	Closed - YMCA Programming
11:30am - 2:00pm	Open Gym*
2:00pm - 4:00pm	Open Gym/Pick-up Volleyball*
4:00pm - 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. Please watch the signs indicating when the gym will be closed.

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. Please watch the signs indicating when the gym will be closed.

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. Please watch the signs indicating when the gym will be closed.

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. Please watch the signs indicating when the gym will be closed.

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. Please watch the signs indicating when the gym will be closed.

THINGS TO KNOW

- Volleyball Nets can be set-up in the YMCA Gym upon request for pick-up volleyball games during Open Gym times on Saturdays, Sundays and non-school days. Please visit the Front Desk, or call ahead the day of, 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.
- 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.
- Please Note: The YMCA of Lincoln does not permit the use of its facilities by unauthorized individuals for personal training, private lesson instruction, individual or group coaching, youth or adult sports team practices. Please review our Facility Use policies in our Membership & Program Handbook for more information.
- 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