



Milam Family Multi-Purpose Center Schedule - Fall 2025

September 22nd-October 26th*

Subject to change without notice - Please check Y360 for changes and updates; ***PLEASE NOTE: 5 week schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Open Gym/ Walking Track 5:00am-7:45am	Open Gym/ Walking Track 5:00am-7:45am	Open Gym/ Walking Track 5:00am-7:45am	Open Gym/ Walking Track 5:00am-7:45am	Open Gym/ Walking Track 5:00am-7:45am	Full Court Basetball 6:00am-8:30am	
530AM							
6AM							
630AM							
7AM							
730AM							
8AM	Group Ex Class 8am-9:15am	Group Ex Class 8am-9:15am	Group Ex Class 8am-9:15am	Group Ex Class 8am-9:15am	Group Ex Class 8am-9:15am	Jr NBA GAMES 8:45am-12:15pm	
830AM							
9AM							
930AM	Walking Track 930am-1030am	Walking Track 930am-1030am	Walking Track 930am-1030am	Walking Track 930am-1030am	Walking Track 930am-1030am		Full Court Basketball 930am-12pm
10AM							
1030AM	Youth Development 10:30-11:30am	Youth Development 10:30-11:30am	Youth Development 10:30-11:30am	Youth Development 10:30-11:30am	Youth Development 10:30-11:30am		
11AM							
1130AM	OPEN GYM 11:30am-5:30pm	OPEN GYM 11:30am-2:45pm	OPEN GYM 11:30am-2:45pm	OPEN GYM 11:30am-2:45pm	OPEN GYM 11:30am-3:45pm	Open Gym 12:30-2:15pm	Open Gym 12:15-4:45pm
12PM							
1230PM							
1PM							
130PM							
2PM							
230PM							
3PM		Full Court Basketball 3:00-5:30pm	Pickleball Advanced Play 3:00-4:30pm Beginner Play 430-6pm	Pickleball Advanced Play 3:00-4:30pm Beginner Play 430-5:45pm	Full Court Basketball 4:00-7pm	Open Gym 4:45-545pm	
330PM							
4PM							
430PM							
5PM							
530PM	Family Open Gym 5:30-8:30	JR NBA Practice 5:45-7:30pm	Family Open Gym 615pm-715pm	JR NBA Practice 5:45-7:30pm	Full Court Basketball 715-830pm	YMCA Closes at 6pm	
6PM							
630PM							
7PM		Family Open Gym 7:30-8:30pm	Full Court Basketball 7pm-945pm	FO - 7:30-8:15pm	Family Open Gym 715-830pm		
730PM							
8PM							
830pm	Full Court Basketball 8:45-9:45pm	Full Court Basketball 845-945pm	Basketball 815-9:45pm	Full Court Basketball 845-945pm			
900pm							
930pm							
10PM	YMCA Closes at 10pm						

Open Gym (OG) – Is open to all members. Please be respectful and caring of others who wish to share the space. NO Full Court Games. Please note the curtain will be dropped during open gym to split the Milam Family MPC.

Full Court Basketball (FC) - Is open to all members for full court recreational games.

Walking Track Only (WT) – During this time, members may use the Milam walking track. NO basketball permitted at this time.

Youth Development (YD)– This time slots reserved for our YMCA childcare programs. Only registered participants and staff are permitted in the room, unless otherwise specified.

Pickleball Open Play (PO) – All members ages 10+ are welcome to come in and play some pickup games! No registration required to play, but should know basic rules. Pickleball only during this time. **(Join TeamReach to know when members are playing!)**

Family Open Gym (FO) - During this time the curtain will be dropped and will allow families with parents and children under 12 to use the MPC. If no families are using the space others may use the MPC as open gym. **However, if a family comes in other members must move to other side or leave MPC no exceptions.**

***Closed to Members**

REV 9/22

Please note the 15 minute difference between time slots to allow set up/clean up.