



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Malden YMCA Gym 1 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Open	Open	Open	Open	Open		
6:30-7:30am							
7:30-8:30am							
8:30-9:30am	Youth Program (8:50-10:10)					Open	Open
9:30-10:30am							
10:30-11:30am	Preschool (10:30-12pm)	Preschool (10-12pm)	Preschool (10-12pm)	Preschool (10-12pm)	Preschool (10-12pm)		
11:30-12:00pm							
12:00-1:00pm	Open	Open	Open	Open	Open		
1:00-2:00pm							
2:00-3:00pm	SACC	SACC	SACC	SACC	SACC	Private Rentals (12-6pm)	
3:00-4:00pm							
4:00-5:00pm							
5:00-5:30pm							
5:30-6:00pm	Open	Open	Open	Open	Open		Closes 5:45pm
6:00-7:00pm		Youth Programs					
7:00-7:30pm							
7:30-8:00pm							
8:00-9:00pm		Men's Basketball League					
9:00-9:45pm							
	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm	Closes 9:45pm		

*Schedule is subject to change

**Updated Feb. 25th, 2019



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HEALTHY LIVING

Malden YMCA Gym 2 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am	Open	Open	Open	Open	Open		
6:30-7:30am							
7:30-8:30am						Open	
8:30-9:30am							
9:30-10:00am	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Playgroup (10-12pm)	Youth Programs (9am-1pm)	Open
10:00-11:00am							
11:00-12:00pm							
11:30-12:00pm							Family Gym
12:00-1:00pm	Open	Open	Lunchtime Basketball (12:15-1:30pm)	Open	Lunchtime Basketball (12:15-1:30pm)	Open	
1:00-2:00pm							
2:00-3:00pm		Open					
3:00-4:00pm		Youth Programs (3:30-4:30pm)	Youth Programs (3:30-4:30pm)	Youth Programs (4:15-6:15pm)	Youth Programs (4:15-7:15pm)		
4:00-4:30pm	Youth Programs (4:30-7pm)	Open	ZUMBA (6:15-7:15pm)			ZUMBA (6:15-7:15pm)	
4:30-5:30pm		Open		Open	Open (6:15-7:30pm)		Open
5:30-6:00pm	Open		ZUMBA (6:15-7:15pm)	Open		Open	
6:00-7:00pm		Open	Men's Basketball League		Open		Open
7:00-7:30pm	Open		Men's Basketball League	Open		Open	
7:30-8:00pm		Open			Men's Basketball League		Open
8:00-9:00pm	Open		Men's Basketball League	Open		Open	
9:00-9:45pm		Closes 9:45pm			Closes 9:45pm		Closes 9:45pm

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For information on Youth Programs, Gym Rentals, Playgroup, and Family Gym, see Program Guide