



# August 2026 - Gym Schedule

YMCA OF STEUBEN COUNTY

| Sunday         | Monday                                          | Tuesday                                                                                 | Wednesday                                                                       | Thursday                                                                                                                | Friday                                                                | Saturday               |
|----------------|-------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------|
| Group Exercise | Adult Program                                   | North Gym                                                                               |                                                                                 |                                                                                                                         |                                                                       |                        |
| Youth Sports   | Youth Program                                   |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
| RSB            |                                                 | South Gym                                                                               |                                                                                 |                                                                                                                         |                                                                       |                        |
| Pickleball     |                                                 |                                                                                         |                                                                                 |                                                                                                                         |                                                                       | 1                      |
|                |                                                 |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
|                |                                                 |                                                                                         |                                                                                 |                                                                                                                         |                                                                       | Pickleball - 8 - 11 am |
|                |                                                 |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
| 2              | 3                                               | 4                                                                                       | 5                                                                               | 6                                                                                                                       | 7                                                                     | 8                      |
|                |                                                 |                                                                                         | Easterseals 10:30-11:30am                                                       |                                                                                                                         |                                                                       |                        |
|                | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm    | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm<br>Adult Pick Up Basketball 5-8pm  | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm<br>Pickleball (All) 6 - 8:30 pm | Pickleball 10am-12pm<br>RSB - 1 - 2:30 pm<br>Futsal Pick Up 5-6:30 pm | Pickleball - 8 - 11 am |
| 9              | 10                                              | 11                                                                                      | 12                                                                              | 13                                                                                                                      | 14                                                                    | 15                     |
|                |                                                 |                                                                                         | Easterseals 10:30-11:30am                                                       |                                                                                                                         |                                                                       |                        |
|                |                                                 |                                                                                         | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm<br>Adult Pick Up Basketball 5-8pm  |                                                                                                                         |                                                                       | Pickleball - 8 - 11 am |
|                | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm    |                                                                                         |                                                                                 | Pickleball (All) 6 - 8:30 pm                                                                                            | RSB - 1 - 2:30 pm<br>Futsal Pick Up 5-6:30 pm                         |                        |
| 16             | 17                                              | 18                                                                                      | 19                                                                              | 20                                                                                                                      | 21                                                                    | 22                     |
|                |                                                 |                                                                                         | Easterseals 10:30-11:30am                                                       |                                                                                                                         |                                                                       |                        |
|                | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm    | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm<br>Adult Pick Up Basketball 5-8pm  | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm<br>Pickleball (All) 6 - 8:30 pm | Pickleball 10am-12pm<br>RSB - 1 - 2:30 pm<br>Futsal Pick Up 5-6:30 pm | Pickleball - 8 - 11 am |
| 23             | 24                                              | 25                                                                                      | 26                                                                              | 27                                                                                                                      | 28                                                                    | 29                     |
|                | Step It Up - 8:15 - 9 am<br>Tone - 9 am - 10 am |                                                                                         | Step It Up - 8:15 am - 9 am<br>Tone - 9 am - 10 am<br>Easterseals 10:30-11:30am |                                                                                                                         | Step It Up - 8:15 am - 9 am<br>Tone - 9 am - 10 am                    |                        |
|                | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm    | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm<br>Adult Pick Up Basketball 5-8pm  | Pickleball (Advance) 7-9 am<br>Pickleball (Inter) 9-11 am<br>Pickleball (Begin) 11a-1pm<br>Pickleball (All) 6 - 8:30 pm | Pickleball 10am-12pm<br>RSB - 1 - 2:30 pm<br>Futsal Pick Up 5-6:30 pm |                        |
| 30             | 31                                              |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
|                | Step It Up - 8:15 - 9 am<br>Tone - 9 am - 10 am |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
|                |                                                 |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |
|                | RSB - 1 - 2:30 pm<br>Pickleball 2:30-4:30 pm    |                                                                                         |                                                                                 |                                                                                                                         |                                                                       |                        |