

BETTER FASTER STRONGER



ADULT GYM SPORTS

Athletes must be in high school or older

FREE FOR Y MEMBERS

NON-MEMBERS—DAILY DROP-IN FEE



PICKLEBALL

Mondays, Wednesdays & Fridays

Advanced Pickleball 8-9:30 AM

Open Pickleball 9:30-11:30 AM



BADMINTON

Tuesdays and Thursdays 9-11 AM



BASKETBALL

**Monday, Tuesday, Thursday & Friday 12-1:30 PM
& Tuesdays Evenings 6:30-8 PM**



VOLLEYBALL

Thursdays 6:30-9 PM

**When there are no leagues. Please check
volleyball flyer for more details.**

PLEASE CHECK GYM SCHEDULE FOR CHANGES



GRANTS PASS FAMILY YMCA 1000 REDWOOD AVENUE 541-474-0001 WWW.GRANTSPASSYMCA.ORG