Cranston Family YMCA

GYMNASIUM SCHEDULE

Spring: 05/04/2026-06/28/2026
Updated 04/27/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-10:00am Open Gym	5:00-10:00am Open Gym	5:00-10:00am Open Gym	5:00-10:00am Open Gym	5:00-10:00am Open Gym	6:00-8:45am Open Gym	6:00-9:45pm Open Gym
10:00 - 1:00pm Pickleball	10:00 - 1:00pm Pickleball	10:00 - 1:00pm Pickleball	10:00 - 1:00pm Pickleball	10:00 - 1:00pm Pickleball	9:00-11:45am Youth & Preschool Games*	10:00 - 1:00pm Pickleball
1:00-3:45pm Open Gym	1:00-4:45pm Open Gym	1:00-4:45pm Open Gym	1:00-5:00pm Open Gym	1:00-3:45pm Open Gym	12:00 - 2:00pm Pickleball	1:00-2:45pm Open Gym
4:00 - 5:00pm Pickleball	5:00 - 5:45pm Soccer*	5:15 - 5:45pm Soccer Skills & Drills*	5:15 - 5:45pm Preschool Basketball*	4:00 - 6:00pm Pickleball	2:00-5:45pm Open Gym	
5:15 - 5:45pm Youth Basketball*	6:00 - 6:45pm Youth Basketball*	6:00-6:45pm Soccer*	6:00-6:45pm Preschool Soccer*	6:00-6:45pm Open Gym		
6:00 - 6:45pm Youth Basketball*	7:00-8:45pm Open Gym	7:00 - 8:45pm Open Gym	7:00 - 8:45pm Open Gym			
7:00 - 8:45pm Open Gym						

Gymnasium is closed fully on Mondays and Thursdays from 5:00p to 7:00p

Schedule is subject to change.

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Gymnasium Court Rules

1. Safety First: Players must warm up before playing and cool down afterward to prevent injuries.
2. Respect Others- Players must respect other players, Staff, and Facility.
3. Follow Rules: Players must follow all posted rules and instructions from staff.
4. Clean-up: Players must clean up and dispose of trash properly.
5. No Food or Drink: No food or drink is allowed on the court except for water
6. No rough play: No rough play or unsportsmanlike conduct is allowed.
7. No profanity: No profanity or disrespectful language is allowed.
8. No smoking or vaping is allowed in the facility.
9. No weapons: No weapons are allowed in the facility.
10. Report incidents: Players must report any incidents or injuries to staff immediately.
11. No outside Speakers- Please remember to use only headphones on the Cranston YMCA basketball court.
12. Shirt On and wear sneakers at all times.