

# WISCASSET COMMUNITY CENTER

## Gym Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	5:00 - 7:30 am Open Gym						
6:00		Open Gym					
6:30			5:00 - 7:30 am Open Gym	5:30 - 6:30 am AM Mix			
7:00				Open Gym			
7:30	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:30 - 9:30 am Pickle Ball Pick-up	7:00-8:15a PiYO Youth Basketball Times vary, please call ahead for open gym	
8:00	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	3 courts or 4 courts at WMHS Tennis Courts	
8:30							
9:00							
9:30							
10:00		Senior Flex & Mobility 10:00 - 11:00a		Senior Flex & Mobility 10:00 - 11:00a	10:00 - 11:00 am Zumba Gold		
10:30		Open Gym Please call ahead for up to date info					
11:00		Open Gym Please call ahead for up to date info	Open Gym Please call ahead for up to date info		Open Gym Please call ahead for up to date info		
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30	WMHS JV Pract 2:45 - 4:00p Month of Jan	WMHS JV Pract 2:45 - 4:00p Month of Jan	WMHS JV Pract 2:45 - 4:00p Month of Jan	WMHS JV Pract 2:45 - 4:00p Month of Jan	WMHS JV Pract 2:45 - 4:00p Month of Jan		
15:00							
15:30							
16:00	4:00 - 5:00 pm Open Gym Karate	4:00 - 5:00 pm Open Gym (half)	4:00 - 5:00 pm Open Gym (half)	4:00 - 6:00 pm Open Gym (half)	4:00 - 6:00 pm Open Gym (half)		
16:30							
17:00	4:30 - 6:30 1/2 gym	PeeWee Bball Pract 5:00 - 6:00p	Mites Bball Practice 5:00 - 6:00p				
17:30							
18:00	Monday Night Ced Chal 6:30 - 7:30	Minors Bball Pract 6:00 - 7:00	(\$) Karate 4:30 - 7:00				
18:30							
19:00							
19:30		Adult Pick-up Basketball (\$) 7:00 - 8:30p					
20:00							
20:30							
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

**Please watch for gym closures and schedule updates - All Gym times are SUBJECT TO CHANGE**

**Pickleball - Monday - Friday mornings from 7:30 - 9:30 am**

**Gym times will depend on any special events / rentals scheduled as well!**

**Fitness Classes offered in our gymnasium. See also the Fitness Class Schedule.**



Monday - Thursday 5:00 am - 8:30 pm  
Friday 5:00 am - 8:00 pm  
Saturday 7:00 am - 4:00 pm  
Sunday 1:00 pm - 5:00 pm

