

Winter Gym Schedule: Monday, January 4th through Sunday March 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:15							
5:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Open Gym 5:00-6:30	Closed	Closed
5:45							
6:00							
6:15							
6:30							
6:45							
7:00	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:45	Adult B-Ball 6:30-8:30	Adult B-Ball 6:30-8:45	Adult B-Ball 6:30-8:30	Adult B-Ball 6:00-8:45	
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45	Open Gym 8:30-9:15						
9:00	Open Gym 8:30-9:15	Open Gym 8:45-9:45	Interval Blast 9:00-10:00	Open Gym 9:00-10:00	Walking Club 9:00-9:45	Step Circuit 8:50-10:00	Open & Family Gym 1/2 Gym 8:00-10:30
9:15	Interval Blast 9:00-10:00						
9:30	Interval Blast 9:00-10:00						
9:45							
10:00							
10:15	Open Gym 10:15-11:45	Lil Athletes (Full Gym) 10:00-11:00	Lil Athletes (Full Gym) 10:00-11:15	Gymnastics (1/2 Gym) 10:00-3:45	Open Gym 9:45-11:45	Gymnastics 9:00-12:15	
10:30							
10:45							
11:00							
11:15							
11:30		Family Gym 11:00-1:15	Open 11:15-11:45	Early Childhood 10:45-11:45			Open & Family Gym 10:30-12:30
11:45							
12:00	Adult B-Ball Full Gym 11:45-1:30		Adult B-Ball Full Gym 11:45-1:30	Open Gym (1/2 Gym) 11:45-1:15	Adult B-Ball Full Gym 11:45-1:30	House B-Ball Games 11:-15-3:30 (Begins 1/16)	Soccer 1/2 Gym 12:30-1:30
12:15							
12:30							
12:45							
1:00							
1:15							
1:30		Lil Athletes (Full Gym) 1:30-2:30	Lil Athletes (Full Gym) 1:30-2:45	Xtreme Fit n Gym 1:30-2:30	Open Gym 1:30-2:45	B-Ball Practice House League 3:30-4:45	TRAVEL GAMES 24-Jan 1:30-3:30 31-Jan 1:30-3:30 7-Feb 1:30-5:00 14-Feb 1:30-4:15 21-Feb 1:30-4:15 28-Feb 1:30-3:15 Gym Closed During These Dates & Times
1:45	Kind. Club 1:30-2:30						
2:00							
2:15							
2:30							
2:45	Open Gym 2:30-3:45	Kind. Club 2:30-3:30	Open Gym 2:45-3:15	Open Gym 2:30-3:45	Art & Gym 2:45-4:00		
3:00							
3:15							
3:30							
3:45		After School 3:30-5:00	Gymnastics (Full Gym) 3:15-6:15				
4:00	After School Sports Camp (Full Gym) 3:45-5:45	B-Ball Practice 4:15-5:00		Gymnastics (Full Gym) 3:45-6:15	After School Sports Camp (Full Gym) 3:45-5:30	**Gym May Be Closed For Rentals From 4:45-6:15 STUDIO D MAY BE AVAILABLE	
4:15							
4:30							
4:45							
5:00							
5:15							
5:30							
5:45		B-Ball Academy 5:15-6:30			Indoor Soccer 5:30-6:30		
6:00	B-Ball Prac House League 5:30-7:00	V-Ball Academy 6:00-7:15	B-Ball Practice House League 6:15-8:30	B-Ball Prac House League 6:15-7:30	Travel Practice 6:30-7:45		
6:15							
6:30							
6:45							
7:00		Travel Practice 6:30-9:00	V-Ball Academy 6:15-8:00	Travel Practice 7:30-9:00			
7:15							
7:30	Men's League 7:00-9:30						
7:45							
8:00							
8:15							
8:30			Open Gym 1/2 Gym 8:00-8:30				
8:45			Open & Family Gym 8:30-9:45				
9:00							
9:15		Open Gym 9:00-9:45					
9:30							
9:45							
10:00	Closed	Closed	Closed	Closed	Closed	Closed	Closed

Adult B-Ball :

Must be 19 years or older and a member of the YMCA or a guest of the YMCA

THE CURTAIN WILL REMAIN CLOSED DURING OPEN GYM TIME.
THE BACK HALF OF THE GYM IS FOR PARENTS WITH KIDS UNDER 13 YEARS OLD.
THE FRONT HALF OF THE GYM IS FOR TEENS AND ADULTS WITHOUT CHILDREN.
 Please Do Not Disturb Classes/Leagues That Are Running During The Closed Gym Times.

The Basketball Hoop in Studio D may be available during closed gym times. Please inquire at the Front Desk.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE