

GYM SCHEDULE

Summer 2010

Hours of Operation: Monday-Thursday 5:30 AM-9:15 PM; Friday 5:30 AM-8:45 PM; Saturday 8:00 AM-4:45 PM; Sunday 1:00 PM-4:45 PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Open Gym (Side 1) / Day Camp (Side 2) 5:30-8:30AM							
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Open Gym (Side 1) / Kinder Camp/Sports Camps (Side 2) 8:30 AM-12:15 PM <i>Open Gym subject to cancellation for Sports Camps requirements</i>							Youth Classes 8:00AM-12:00PM
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM	Adult Full Court Basketball	Open Gym	Adult Full Court Basketball	Open Gym	Adult Full Court Basketball	Cross Court Basketball (Side 1)		
12:30 PM								
1:00 PM	Day Camp Program (Side 2) 1:30-6:00PM					Family Gym (Side 2)		
1:30 PM								
2:00 PM	Open Gym (Side 1) 1:30-4:30PM	Family Gym (Side 1) 1:30-7:00PM Family Gym (Side 2) 6:00-7:00PM	Open Gym (Side 1) 1:30-4:30PM	Family Gym (Side 1) 1:30-7:00PM Family Gym (Side 2) 6:00-7:00PM	Open Gym (Side 1) 1:30-4:30PM	Open Gym (Side 1) 1:00-4:45PM Family Gym (Side 2) 1:00-4:45PM		
2:30 PM								
3:00 PM								
3:30 PM	Adult Cross Court Basketball (Side 1) 4:30-6:45PM		Adult Cross Court Basketball (Side 1) 4:30-6:45PM		Adult Cross Court Basketball (Side 1) 4:30-6:45PM	Open Gym (Side 1) 3:00-4:45PM		
4:00 PM								
4:30 PM								
5:00 PM	Zumba (Side 2)		Cardio Fusion (Side 2)					
5:30 PM								
6:00 PM	Adult Gym Volleyball (Side 1) 7:00-9:00PM Open Gym (Side 2) 8:00-9:00PM	Open Gym 7:00-9:00 PM	Adult Gym Volleyball (Side 1) 7:00-9:00PM Open Gym (Side 2) 8:00-9:00PM	Open Gym 7:00-9:00 PM				
6:30 PM								
7:00 PM								
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								

FAMILY GYM is designed for parents and children to recreate together as a family unit.

OPEN GYM is designed for all age groups. Children under 8 must be supervised at all times.

ADULT FULL COURT/CROSS COURT BASKETBALL - Full Court is open for members 16 years and older and cross court is open for members 14 years and older. **NO GUESTS** are allowed to participate in Full Court or Cross Court Basketball.

Shut down of the YMCA building begins 15 minutes prior to closing. Please plan to shower, dress and exit by closing time each evening.