



# GYM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA

## ACTIVITIES

9/5/2017 - 9/30/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Tai Chi</b> 9:00am-10:00am Gym 2 / 18+ yrs	<b>*Child Watch</b> 9:00am-12:00pm Gym 1 / 6mo-7yrs	<b>Tai Chi</b> 9:00am-10:00am Gym 2 / 18+ yrs	<b>*Child Watch</b> 9:00am-12:00pm Gym 1 / 6mo-7yrs	<b>*Child Watch</b> 9:00am-12:00pm Gym 1 / 6mo-7yrs	<b>*QuickStart Tennis</b> 9:00am-11:00am Gym 2 / 3-10 yrs	<b>**Birthday Party</b> 11:00am-3:00pm Gym 1+2/Parent-Child
<b>*Child Watch</b> 9:00am-12:00pm Gym 1 / 6mo-7yrs	<b>*Indoor Playground</b> 9:00am-12:00pm Gym 1 / Parent-Child	<b>*Child Watch</b> 9:00am-12:00pm Gym 1 / 6mo-7yrs	<b>*Indoor Playground</b> 9:00am-12:00pm Gym 1 / Parent-Child	<b>*Indoor Playground</b> 9:00am-12:00pm Gym 1 / Parent-Child	<b>*Youth Soccer</b> 9:00am-11:00am Gym 1 / 5-10 yrs	<b>Adult Badminton</b> 6:00pm-7:55pm Gym 2 / 18+ yrs
<b>*Indoor Playground</b> 9:00am-12:00pm Gym 1 / Parent-Child	<b>Tai Chi Fan</b> 10:15am-11:15am Gym 2 / 18+ yrs	<b>*Indoor Playground</b> 9:00am-12:00pm Gym 1 / Parent-Child	<b>Adult Badminton</b> 6:00pm-8:00pm Gym 2 / 18+ yrs	<b>*Teen Center</b> 6:00pm-9:00pm Gym 2 / 12-18 yrs	<b>*B-Ball Jr.</b> 11:15am-12:15pm Gym 1+2 / 7-10 yrs	
<b>*Steady Buckets</b> 4:00pm-6:30pm Gym 1+2 / 5-12 yrs	<b>Adult Handball</b> 6:00pm-8:00pm Gym 2 / 18+ yrs	<b>*QuickStart Tennis</b> 3:30pm-5:30pm Gym 1 / 3-10 yrs	<b>Zumba</b> 7:00pm-8:00pm Gym 1 / 12+ yrs		<b>Adult Badminton</b> 6:00pm-8:55pm Gym 2 / 18+ yrs	
<b>Zumba</b> 7:00pm-8:00pm Gym 1 / 12+ yrs	<b>*5-on-5 Adult Basketball League</b> 8:50pm-11:00pm Gym 1+2 / 18+ yrs	<b>*5-on-5 Adult Basketball League</b> 6:50pm-11:00pm Gym 1+2 / 18+ yrs				
<b>*5-on-5 Adult Basketball League</b> 8:50pm-11:00pm Gym 1+2 / 18+ yrs						

Gym is located on the lobby level.  
\*Programs that require registration.  
\*\*Please check with the front desk.  
Schedule is subject to change.

**KEY:**  
Activity Name  
Time offered  
Gym side / Age group

## OPEN GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-9:00am Gym 1 + 2	6:00am-8:00am Gym 1 + 2	6:00am-9:00am Gym 1 + 2	6:00am-8:00am Gym 1 + 2	6:00am-9:00am Gym 1 + 2	7:00am-8:50am Gym 1 + 2	9:00am-11:00am Gym 1 + 2
11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	12:30pm-2:00pm Gym 1	11:00am-3:00pm** Gym 1 + 2
12:45pm-2:30pm Gym 1 + 2	11:15am-12:15pm Gym 2	12:45pm-2:30pm Gym 1 + 2	10:00am-12:15pm Gym 2	12:45pm-2:30pm Gym 1 + 2	5:00pm-6:00pm Gym 1 + 2	3:00pm-6:00pm Gym 1 + 2
4:15pm-6:45pm Gym 1 + 2	12:15pm-12:55pm Gym 1+2	4:15pm-5:45pm Gym 1	12:15pm-12:55pm Gym 1+2	4:15pm-6:00pm Gym 1 + 2	6:00pm-8:55pm Gym 1	6:00pm-7:55pm Gym 1
6:45pm-8:00pm Gym 2	6:00pm-8:00pm Gym 1	5:45pm-6:50pm Gym 1 + 2	6:00pm-6:55pm Gym 1	6:00pm-9:00pm Gym 1		
8:00pm-8:50pm Gym 1 + 2	8:00pm-8:50pm Gym 1 + 2			9:00pm-10:55pm Gym 1 + 2		



# 體育館時間表

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 華埠青年會 活動

9/5/2017 - 9/30/2017

星期一	星期二	星期三	星期四	星期五	星期六	星期日
<b>太極</b> 9:00am-10:00am Gym 2 / 成人	<b>*兒童看護</b> 9:00am-12:00pm Gym 1 / 家長/兒童	<b>太極</b> 9:00am-10:00am Gym 2 / 成人	<b>*兒童看護</b> 9:00am-12:00pm Gym 1 / 家長/兒童	<b>*兒童看護</b> 9:00am-12:00pm Gym 1 / 家長/兒童	<b>*兒童網球</b> 9:00am-11:00am Gym 2	<b>**生日派對</b> 11:00am-3:00pm Gym 1+2/家長/兒童
<b>*兒童看護</b> 9:00am-12:00pm Gym 1 / 家長/兒童	<b>*室內遊樂</b> 9:00am-12:00pm Gym 2 / 成人	<b>*兒童看護</b> 9:00am-12:00pm Gym 1+2 / 成人	<b>*室內遊樂</b> 9:00am-12:00pm Gym 2 / 成人	<b>*室內遊樂</b> 9:00am-12:00pm Gym 2 / 12至18歲	<b>*小年足球</b> 9:00am-11:00am Gym 1+2 / 7至10歲	<b>成人羽毛球</b> 6:00pm-7:55pm Gym 2 / 成人
<b>*室內遊樂</b> 9:00am-12:00pm Gym 1+2 / 5至18歲	<b>太極</b> 10:15am-11:15am Gym 2 / 成人	<b>*室內遊樂</b> 9:00am-12:00pm Gym 1+2 / 成人	<b>成人羽毛球</b> 6:00pm-8:00pm Gym 2 / 成人	<b>青少年中心</b> 6:00pm-9:00pm Gym 2 / 12-18歲	<b>*小型籃球遊戲</b> 11:15am-12:15pm Gym 1+2 / 7至10歲	
<b>*小型籃球遊戲</b> 4:00pm-6:30pm Gym 1+2 / 5至12歲	<b>成人手球</b> 6:00pm-8:00pm Gym 1+2 / 成人	<b>*兒童網球</b> 3:30pm-4:30pm Gym 2 / 3-10歲	<b>森巴舞</b> 7:00pm-8:00pm Gym 1 / 12+歲		<b>成人羽毛球</b> 6:00pm-8:55pm Gym 2 / 成人	
<b>森巴舞</b> 7:00pm-8:00pm Gym 1 / 12+歲	<b>*成人籃球</b> 9:00pm-11:00pm Gym 1+2 / 18+歲	<b>*成人籃球</b> 7:00pm-11:00pm Gym 1+2 / 18+歲				
<b>*成人籃球</b> 9:00pm-11:00pm Gym 1+2 / 18+歲						

體育館位於一樓。  
\*此課程需要報名。  
\*\*請向前台服務部查詢。

圖例:  
活動名稱  
時間提供  
地點/年齡組

## 體育館開放

星期一	星期二	星期三	星期四	星期五	星期六	星期日
6:00am-9:00am Gym 1 + 2	6:00am-8:00am Gym 1 + 2	6:00am-9:00am Gym 1 + 2	6:00am-8:00am Gym 1 + 2	6:00am-9:00am Gym 1 + 2	7:00am-8:50am Gym 1 + 2	9:00am-11:00am Gym 1 + 2
11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	12:30pm-2:00pm Gym 1	11:00am-3:00pm** Gym 1 + 2
12:45pm-2:30pm Gym 1 + 2	11:15am-12:15pm Gym 2	12:45pm-2:30pm Gym 1 + 2	10:00am-12:15pm Gym 2	12:45pm-2:30pm Gym 1 + 2	5:00pm-6:00pm Gym 1 + 2	3:00pm-6:00pm Gym 1 + 2
4:15pm-6:45pm Gym 1 + 2	12:15pm-12:55pm Gym 1+2	4:15pm-5:45pm Gym 1	12:15pm-12:55pm Gym 1+2	4:15pm-6:00pm Gym 1 + 2	6:00pm-8:55pm Gym 1	6:00pm-7:55pm Gym 1
6:45pm-8:00pm Gym 2	6:00pm-8:00pm Gym 1	5:45pm-6:50pm Gym 1 + 2	6:00pm-6:55pm Gym 1	6:00pm-9:00pm Gym 1		
8:00pm-8:50pm Gym 1 + 2	8:00pm-8:50pm Gym 1 + 2			9:00pm-10:55pm Gym 1 + 2		