the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SESSION 6: 10/30/17-12/24/17

(as of 10.30.17)

Child Watch 6:15-8:30PM (Mon/Tues/Wed/Thurs)

Child Watch 8:45AM-1:15 PM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6AM	Open Gym 6-9 AM	Open Gym 6-7:50 AM	Open Gym 6-8:45 AM	Open Gym 6-7:50 AM	Open Gym 6-8:45 AM	Closed	Closed
7AM							
8AM		Open Play/ Family (6 mos-5 yrs.) 8-9:45 AM		Open Play/ Family (6 mos-5 yrs.) 8-9:45 AM		Open Gym Adults (18 yrs.+) 7 AM-8:45 AM	Open Gym Family & Youth (12 yrs. & under) 7 AM-9:45 AM
9AM	Gym & Swim Kids 6–12 months 9:15 - 9:45 AM		AOA Strength Training 9 –9:50 AM		AOA Strength Training 9 –9:50 AM		
10AM	Gym & Swim Kids 13-36 months 9:50 - 10:20 AM	Pilates Mat 10 -10:50 AM	Total Body Conditioning 10 -10:50 AM	Pilates Mat 10-10:50 AM	Pilates Mat 10 -10:50 AM	Group Exercise 9 AM -1 PM	Group Exercise 10AM –2:30PM
11AM	Open Play/ Family (6 mos-5 yrs.) 10:30 -11:50 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM		
12N	Total Body Conditioning 12 -12:50 PM	BodyPump™ 12 -12:50 PM	Open Gym Family & Youth (12 yrs. & under) 12 PM-3:25 PM	Open Gym/ Basketball Adults (18 yrs.+) 12-3:25 PM	Pi-Yo™ 12-12:50 PM		
1PM							
2PM	Open Gym/ Basketball Adults (18 yrs.+) 1 – 2:45 PM	Open Gym/ Basketball Adults (18 yrs.+) 1-3:15 PM			Open Gym/ Basketball Adults (18 yrs.+) 1-3:45 PM	Basketball Kids Ages 5-7 1:30-2:30 PM	
3PM							
4PM	Open Gym/ Bball Teens (13-17 yrs.) 2:50 –3:50 PM	Y Afterschool Program 3:30-5:25 PM	Y Afterschool Program 3:30-5:30 PM	Y Afterschool Program 3:30-5:25 PM		Basketball Kids Ages 7-8 2:30-3:30 PM	Open Gym Family & Youth (12 yrs. & under) 2:30 - 3:30 PM
5PM					Soccer Kids Ages 4-6 4-5 PM	Open Gym Family & Youth (12 yrs. & under) 3:45-5:45 PM	Open Gym/Bball Teens (13-17 yrs.) 3:30-5:30 PM
6PM	Tumble & Acro Kids/ Beg. 4-5 PM				Soccer Kids Ages 7-11 5-6 PM		
7PM	Tumble & Acro Kids/ Int. 5-6 PM				Open Gym/Bball Teens (13-17 yrs.) 6-7:15 PM	Open Gym/Bball Teens (13-17 yrs.) 6-8:30 PM	Open Gym/ Basketball 5:30-6:30 PM Adults (18 yrs.+)
8PM	Gym Closed 6-6:25 PM	Open Gym Family & Youth (12 yrs. & under) 5:30-6:15 PM	Open Gym/ Bball Teens (13-17 yrs.) 5:35-6:15 PM	Group Exercise 5:30-8:30 PM	Group Exercise 7:30-8:20 PM		TEEN CENTER 13-19 yrs. 6:45-9:45 PM
9PM	Group Exercise 6:30-9:25 PM	Group Exercise 6:30-8:35 PM	Group Exercise 6:30-8:25 PM		TEEN CENTER 13-19 yrs. 8:45-10:45 PM	Open Gym/ Basketball Adults (18 yrs.+) 8:45-11:55 PM	Indoor Soccer Adults (18 yrs.+) (No Staff Lead) 10-11:55PM
10PM	Instructional Volleyball 9:30 -11:55 PM	Basketball League Adults (18 yrs.+) 8:45 -11:55PM	Indoor Soccer Adults (18 yrs.+) 8:30 -11:55PM	Open Gym/ Basketball Adults (18 yrs.+) 8:45 -11:55 PM	Open Gym/ Basketball Adults (18 yrs.+) 8:45 -11:55 PM		
11PM							