



CHINATOWN YMCA

GYM SCHEDULE

FOR YOUTH
FOR HEALTH
FOR SOCIAL

ACTIVITIES

7/1/201

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YMCA CAMP 8:00am-9:00am Gym 1	YMCA CAMP 8:00am-10:00am Gym 2	YMCA CAMP 8:00am-9:00am Gym 1	YMCA CAMP 8:00am-10:00am Gym 2	YMCA CAMP 8:00am-9:00am Gym 1	*QuickStart Tennis 9:00am-11:00am Gym 2 3-10 yrs
Tai Chi 9:00am-10:00am Gym 2 18+ yrs	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	Tai Chi 9:00am-10:00am Gym 2 18+ yrs	Walk, Dance & Shake 10:15am-11:15am Gym 2 18+ yrs	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	B-Ball Jr. 11:00am-12:55pm Full Gym 7-10 yrs
*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	Badminton 6:00pm-8:45pm Gym 2 All Ages
*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	Tai Chi Fan 10:15am-11:15am Gym 2 18+ yrs	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	*Teen Center 6:00pm-9:00pm Gym 2 12-18 yrs	
Zumba 7:00pm-8:00pm Gym 1 12+ yrs	Adult Handball 6:00pm-8:00pm Gym 2 18+ yrs	*QuickStart Tennis 3:30pm-5:30pm Gym 2 3-10 yrs	Badminton 6:00pm-8:00pm Gym 2 All Ages		
*ABC Hoops League 8:50pm-11:00pm Full Gym 18+ yrs	*ABC Hoops League 8:50pm-11:00pm Full Gym 18+ yrs	*ABC Hoops League 6:50pm-11:00pm Full Gym 18+ yrs			

Gym is located on the lobby level.
*Programs that require registration.
**Special Event may be happening.
Schedule is subject to change.

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OPEN GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	7:00am-8:50am Full Gym
8:00am-9:00am Gym 2	8:00am-8:45pm Gym 1	8:00am-9:00am Gym 2	8:00am-8:45am Gym 1	8:00am-9:00am Gym 2	9:00am-10:55am Gym 1
10:15am-12:15pm Gym 2	11:15am-12:45pm Gym 2	10:15am-12:15pm Gym 2	11:15am-12:45pm Gym 2	10:15am-12:15pm Gym 2	1:00pm-2:00pm Full Gym
12:15pm-1:15pm Full Gym	6:00pm-8:00pm Gym 1	12:15pm-1:15pm Full Gym	6:00pm-7:45pm Gym 1	12:15pm-1:15pm Full Gym	5:00pm-6:00pm Full Gym
6:15pm-8:00pm Gym 2	8:00pm-8:45pm Full Gym	5:45pm-6:45pm Full Gym		6:00pm-9:00pm Gym 1	6:00pm-8:45pm Gym 1
8:00pm-8:45pm Full Gym				9:00pm-10:45pm Full Gym	

GYM SCHEDULE MAY BE SUBJECT TO CHANGE



華埠青年會 活動

體育館時間表

8 - 8/26/2018

SUNDAY	星期一	星期二	星期三	星期四	星期五
Special Event 11:30am-3pm Full Gym	暑期班 8:00am-9:00am Gym 1	暑期班 8:00am-10:00am Gym 2	暑期班 8:00am-9:00am Gym 1	暑期班 8:00am-10:00am Gym 2	暑期班 8:00am-9:00am Gym 1
Badminton 6:00pm-7:45pm Gym 2 All Ages	太極 9:00am-10:00am Gym 2 / 成人	*兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童	太極 9:00am-10:00am Gym 2 / 成人	森巴舞 10:15am-11:15am Gym 2 / 成人	*兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童
	*兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童	*室內遊樂 9:00am-12:00pm Gym 2 / 成人	*兒童看護 9:00am-12:00pm Gym 1+2 / 成人	*兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童	*室內遊樂 9:00am-12:00pm Gym 2 / 12至18歲
	*室內遊樂 9:00am-12:00pm Gym 1+2 / 5 至18歲	太極 10:15am-11:15am Gym 2 / 成人	*室內遊樂 9:00am-12:00pm Gym 1+2 / 成人	*室內遊樂 9:00am-12:00pm Gym 2 / 成人	青少年中心 6:00pm-9:00pm Gym 2 / 12-18 歲
	森巴舞 7:00pm-8:00pm Gym 1 / 12+ 歲	成人手球 6:00pm-8:00pm Gym 1+2 / 成人	*兒童網球 3:30pm-4:30pm Gym 2 / 3-10 歲	成人羽毛球 6:00pm-8:00pm Gym 2 / 成人	
	*成人籃球 9:00pm-11:00pm Gym 1+2 / 18+ 歲	*成人籃球 9:00pm-11:00pm Gym 1+2 / 18+ 歲	*成人籃球 7:00pm-11:00pm Gym 1+2 / 18+ 歲		

KEY:
Activity Name
Time offered
Side / Age group

體育館位於一樓。
*此課程需要報名。
**請向前台服務部查詢。

體育館開放

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

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

7/1/2018 - 8/26/2018

星期六

星期日

*兒童網球 9:00am-11:00am Gym 2	**特別活動 11:30am-3pm** Gym 1+2/家長/兒童
*小型籃球遊戲 11:00am-12:30pm Gym 1+2 / 7 至10歲	成人羽毛球 6:00pm-7:45pm Gym 2 / 成人
成人羽毛球 6:00pm-8:45pm Gym 2 / 成人	

圖例:

活動名稱

時間提供

地點/年齡組

星期六

星期日

7:00am-8:50am Full Gym	9:00am-11:30am Full Gym
9:00am-10:55am Gym 1	11:30am-3pm** Full Gym
1:00pm-2:00pm Full Gym	5:00pm-6:00pm Full Gym
5:00pm-6:00pm Full Gym	6:00pm-7:45pm Gym 1
6:00pm-8:45pm Gym 1	