



GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA

ACTIVITIES

9/5/2018 - 9/30/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	*Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs	*QuickStart Tennis 9:00am-11:00am Gym 2 3-10 yrs	Special Event** 11:30am-3pm** Full Gym
*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	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	*Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child	B-Ball Jr. 11:00am-12:45pm Full Gym 7-12 yrs old	Badminton 5:00pm-7:55pm 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	Badminton 6:00pm-8:00pm Gym 2 All Ages	*Teen Center 6:00pm-9:00pm Gym 2 12-18 yrs	Badminton 6:00pm-8:55pm Gym 2 All Ages	
*Steady Buckets 4:00pm-6:00pm Gym 1 +2 / 5-12yrs	Adult Handball 6:00pm-8:00pm Gym 2 / 18+ yrs	*QuickStart Tennis 3:30pm-5:30pm Gym 2 3-10 yrs				
Zumba 7:00pm-8:00pm Gym 1 12+ yrs	*5-on-5 Adult Basketball League 8:50pm-11:00pm Full Gym 18+ yrs	*5-on-5 Adult Basketball League 6:50pm-11:00pm Full Gym 18+ yrs				
*5-on-5 Adult Basketball League 8:50pm-11:00pm Full Gym 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 Full Gym	6:00am-8:00am Full Gym	6:00am-9:00am Full Gym	6:00am-8:00am Full Gym	6:00am-9:00am Full Gym	7:00am-8:50am Full Gym	9:30am-11:30am Full Gym
11:45am-12:15pm Gym 2	8:00am-8:45pm Gym 1	11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	12:45pm-2:00pm Full Gym	11:30am-3pm** Full Gym
12:45pm-2:30pm Full Gym	11:15am-12:15pm Gym 2	12:45pm-2:30pm Full Gym	10:00am-12:15pm Gym 2	12:45pm-2:30pm Full Gym	5:00pm-6:00pm Full Gym	5:00pm-7:55pm Gym 1
6:15pm-8:00pm Gym 2	12:15pm-12:55pm Full Gym	4:15pm-5:45pm Gym 1	12:15pm-12:55pm Full Gym	4:15pm-6:00pm Full Gym	6:00pm-8:55pm Gym 1	
8:00pm-8:50pm Full Gym	6:00pm-8:00pm Gym 1	5:45pm-6:50pm Full Gym	6:00pm-6:55pm Gym 1	6:00pm-9:00pm Gym 1		
	8:00pm-8:50pm Full Gym			9:00pm-10:55pm Full Gym		



體育館時間表

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

華埠青年會 活動

9/5/2018 - 9/30/2018

星期一	星期二	星期三	星期四	星期五	星期六	星期日
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	*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	*兒童網球 9:00am-11:00am Gym 2	**生日派對 11:30am-3pm** Gym 1+2/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	*室內遊樂 9:00am-12:00pm Gym 2 / 成人	*室內遊樂 9:00am-12:00pm Gym 2 / 12至18歲	*小型籃球遊戲 11:00am-12:45pm Gym 1+2 / 7至10歲	成人羽毛球 5:00pm-7:55pm Gym 2 / 成人
*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	成人羽毛球 6:00pm-8:00pm Gym 2 / 成人	青少年中心 6:00pm-9:00pm Gym 2 / 12-18歲	成人羽毛球 6:00pm-8:55pm Gym 2 / 成人	
森巴舞 4:00pm-6:00pm 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				

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 Full Gym	6:00am-8:00am Full Gym	6:00am-9:00am Full Gym	6:00am-8:00am Full Gym	6:00am-9:00am Full Gym	7:00am-8:50am Full Gym	9:30am-11:30am Full Gym
11:45am-12:15pm Gym 2	8:00am-8:45pm Gym 1	11:45am-12:15pm Gym 2	8:00am-8:45am Gym 1	11:45am-12:15pm Gym 2	12:45pm-2:00pm Full Gym	11:30am-3pm** Full Gym
12:45pm-2:30pm Full Gym	11:15am-12:15pm Gym 2	12:45pm-2:30pm Full Gym	10:00am-12:15pm Gym 2	12:45pm-2:30pm Full Gym	5:00pm-6:00pm Full Gym	5:00pm-7:55pm Gym 1
6:15pm-8:00pm Gym 2	12:15pm-12:55pm Full Gym	4:15pm-5:45pm Gym 1	12:15pm-12:55pm Full Gym	4:15pm-6:00pm Full Gym	6:00pm-8:55pm Gym 1	
8:00pm-8:50pm Full Gym	6:00pm-8:00pm Gym 1	5:45pm-6:50pm Full Gym	6:00pm-6:55pm Gym 1	6:00pm-9:00pm Gym 1		
	8:00pm-8:50pm Full Gym			9:00pm-10:55pm Full Gym		
				9:00pm-11:00pm Gym 1 + 2		