

GYMNASIUM SCHEDULE – FALL/WINTER 2017-18

This schedule is subject to change without prior notice. Last Updated: 12/29/17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5A	OPEN GYM 5am-12pm	OPEN GYM 5am-6am	OPEN GYM 5am-9pm	OPEN GYM 5am-6am	OPEN GYM 5am-9:15am	GWYMCA OPENS 6:30AM	GWYMCA OPENS 8AM				
6A		BOOT CAMP 6:15am-7:15am LaMont		BOOT CAMP 6:15am-7:15am LaMont							
7A		TURBO SWEAT 8:15am-9:15am Brandon		TURBO SWEAT 8:15am-9:15am Brandon		BOOT CAMP 7am-8am LaMont					
8A		FIT MOMS (SMALL GROUP) 9:15AM-10:15AM (GS1)		ELC 9am -12pm		FIT MOMS (SMALL GROUP) 9:15AM-10:15AM (GS1)		FIT MOMS (SMALL GROUP) 9:15AM-10:15AM (GS1)	FAMILY GYM 8am-1pm	FAMILY GYM 8am-11am	
9A		OPEN GYM 9:30am-12pm				OPEN GYM 9:30am-12pm		OPEN GYM 10:15am-12pm			
10A		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up	ADULT BASKETBALL 12pm-2pm *18 and up	ADULT BASKETBALL 1pm-3pm *18 and up	OPEN GYM 11am-12:30pm
11A		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm	HS BASKETBALL 2pm-3pm	ADULT BASKETBALL 1pm-3pm *18 and up	Super Soccer Stars 1pm-1:50pm
12P		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up		ADULT BASKETBALL 12pm-2pm *18 and up	ADULT BASKETBALL 12pm-2pm *18 and up		Super Soccer Stars 2pm-3pm
1P		OPEN GYM 3pm-6pm		OPEN GYM 3:15pm-4:15pm		Super Soccer Stars 3:30pm-4:15pm		OPEN GYM 3pm-4pm	Super Soccer Stars 3:30pm-4:10pm	OPEN GYM 3pm-4pm	FAMILY GYM 3:15pm-4:45pm
2P		Y SPORTS 4:15pm - 5pm		FAMILY GYM 4:15pm-6pm		FAMILY GYM 4:30pm-8pm		Super Soccer Stars 4pm-4:50pm	FAMILY GYM 4:30pm-8pm	FAMILY GYM 4pm-6:45pm	
3P	Super Soccer Stars 5pm - 6pm	OPEN GYM 5:45pm-7pm	FAMILY GYM 5pm-8pm		FAMILY GYM 4:30pm-8pm						
4P	FAMILY GYM 6pm-6:30pm	PRIVATE RENTAL 7pm-8pm	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 5pm				
5P	Sports & Social League 6:30p -7:30pm							ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up
6P	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 7pm				
7P	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 7pm				
8P	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 7pm				
9P	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 7pm				
10P	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	GWYMCA CLOSURES 7pm				

- = Half Court Closed Programs/Classes.
GS1 (Gym Side 1), GS2 (Gym Side 2)
- = Full Court Closed Private Rental
(1/3, 1/4, 1/11, 1/23, 1/25, 1/30, 1/31, 2/9, 2/15)
- = Adult Fitness Classes
- = Youth Sports Classes

Open Gym- Children under the age of 12 must be accompanied by an adult. YMCA private sports lessons may take place at this time.
Adult Basketball-Must be 18 and older to be in gymnasium.
High School Basketball- 14 and older to be in the gymnasium.
Family Gym- For families with children under the age of 12/ Half Court games only
Dry Land/ Gym Closures/ Youth Classes – Members are not permitted in gymnasium while classes and programs are in session.