

GYMNASIUM SCHEDULE – WINTER/SPRING 2018

This schedule is subject to change without prior notice. Last Updated: 3/1/18

	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							
8A		FIT MOMS (SMALL GROUP) 9:30M-10:30AM (GS1)		ELC 9am -12pm		FIT MOMS (SMALL GROUP) 9:30M-10:30AM (GS1)					
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	Super Soccer Stars 1pm-1:50pm
11A		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm		HS BASKETBALL 2pm-3pm	Reserved 2pm-3pm	Reserved	Super Soccer Stars 2pm-3pm
12P		OPEN GYM 3pm-6pm		OPEN GYM 3:15pm-4:15pm		Super Soccer Stars 3:30pm-4:15pm		OPEN GYM 3pm-4pm Super Soccer Stars 4pm-4:50pm	Super Soccer Stars 3:30pm-4:10pm		3pm-4:30pm
1P		Y SPORTS 4:15pm - 5pm		FAMILY GYM 4:15pm-6pm		FAMILY GYM 4:15pm-6pm		FAMILY GYM 5pm-6pm	FAMILY GYM 4:30pm-6pm	OPEN GYM 4pm-6:45pm	GWYMCA CLOSURES 5pm
2P		Super Soccer Stars 5pm - 6pm									
3P	Diving Dry Land 6PM-7PM (GS2)	WP Dryland 6pm-7pm (GS2)	Diving Dry Land 6PM-7PM (GS2)	Diving Dry Land 6PM-7PM (GS2)	WP Dry Land 6PM-7PM (GS2)	GWYMCA CLOSURES 7pm					
4P	PRIVATE RENTAL 7pm-8pm										
5P	ADULT BASKETBALL 7pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 8pm-9:45pm *18 and up	ADULT BASKETBALL 7pm-9:45pm *18 and up	ADULT BASKETBALL 7pm-9:45pm *18 and up						
6P											
7P											
8P											
9P											
10P											

- = 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.