



# GYMNASIUM SCHEDULE

## YMCA OF GREENWICH – MARCH 2020

This schedule is subject to change without prior notice. | Last Updated: 2.28.2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5AM – 12PM	OPEN GYM 5am-6am	OPEN GYM 5AM – 9AM	OPEN GYM 5am-6am	OPEN GYM 5AM – 12PM	YMCA OPENS 6:30AM	YMCA OPENS 8AM
	BOOT CAMP 6:15AM – 7:15AM LaMont		BOOT CAMP 6:15AM – 7:15AM LaMont		BOOT CAMP 7AM – 8AM LaMont	
	TURBO SWEAT 8:15AM – 9:15AM Brandon		TURBO SWEAT 8:15AM – 9:15AM Brandon		FAMILY BOOT CAMP (AGES 8+) 9AM – 10AM Danny Starting 3/15	
	BOOT CAMP 9:30AM – 10:30AM Brian	BOOT CAMP 9:30AM – 10:30AM Brian	ADAPTIVE BASKETBALL 11AM – 1PM			
	OPEN GYM 10:45AM – 12PM	OPEN GYM 10:45AM – 12PM				
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 8AM – 4:45PM
OPEN GYM 2PM – 4PM	HS BASKETBALL 2PM – 3PM	OPEN GYM 2PM – 6PM	HS BASKETBALL 2PM – 3PM	OPEN GYM 2PM – 3:30PM	OPEN GYM 4PM – 6:45PM	
Y WARRIORS 4:15PM – 6PM	OPEN GYM 3:15PM – 4PM		OPEN GYM 3PM – 4PM	YOUTH SOCCER 3:30PM – 5:15PM		
	LITTLE DRIBBLERS 4PM – 5PM		LITTLE DRIBBLERS 4PM – 5PM			
OPEN GYM 6PM – 7PM	SOCCER SKILLS & DRILLS 5:30PM-6:30PM	SOCCER SKILLS & DRILLS 5:15PM-6:15PM	FLOOR HOCKEY 5:15PM-6:15PM	BASEBALL SKILLS & DRILLS 5:30PM – 6:30PM	YMCA CLOSES 7PM	
ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up	ADULT BASKETBALL 7PM – 9:45PM *18 and up		YMCA CLOSES 5PM

- = Half Court Closed Programs/Classes.  
GS1 (Gym Side 1), GS2 (Gym Side 2)
- = Full Court Closed Private Rental
- = Adult Fitness Classes
- = Youth Sports Classes, registration required

### BE ADVISED...

Availability is subject to change, with or without notice, based on program and facility needs. Please check in with the Front Desk for weekly updates.

### 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. Participants must be Members and/ or Guests must sign in at the Front Desk.

### Dry Land/ Gym Closures/ Youth Classes

Members are not permitted in gymnasium while classes and programs are in session. Youth classes require registration.