

Gym Schedule

February 6 - April 3, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 9:30 am Open Gym	5:15 - 8:00 am Open Gym	5:15 - 9:30 am Open Gym	5:15 - 8:00 am Open Gym	5:15 - 9:30 am Open Gym	8 - 10 am Open Gym
	8:15 - 9 am Silver Sneakers Cardio Circuit		8:15 - 9 am Silver Sneakers Cardio Circuit		
9:30 - 10:15 am Silver Sneakers MSROM	9 - 9:30 am SKIP	9:30 - 10:15 am Silver Sneakers MSROM	9 - 9:30 am SKIP	9:30 - 10:15 am Silver Sneakers MSROM	10 am - 12:15 pm Youth Programs
	9:30 - 10:50 am Home School		9:30 - 10:50 am Open Gym		
10 - 10:30 am PERS	10:50 - 11:15 am PERS	10:15 - 11 am Open Gym	10:50 - 11:15 am PERS	10 - 11:35 am Preschool Sports	
11 am - Noon Child Care	11 am - Noon Child Care	11 am - Noon Child Care	11 am - Noon Child Care		
				11:35 am - 2:30 pm Open Gym	
Noon - 2:30 pm Open Gym	Noon - 2:30 pm Open Gym	Noon - 2:30 pm Open Gym	Noon - 2:30 pm Open Gym		12:30 - 2 pm Family Gym
2:30 - 3:15 pm Fun Factory	2:30 - 3:15 pm Fun Factory	2:30 - 3:15 pm Fun Factory	2:30 - 3:15 pm Fun Factory	2:30 - 3:15 pm Fun Factory	
3:15 - 4:15 pm Child Care	3:15 - 4:45 pm Child Care	3:15 - 4:15 pm Child Care	3:15 - 5:10 pm Child Care	3:15 - 5 pm Child Care	
4:15 - 8:15 pm Teen Open	4:45 - 6 pm Family Open	4:15 - 8:15 pm Teen Open	5:10 - 6 pm Family Open	5 - 8:45 pm Teen Open	2 - 8 pm YBA
	6 - 7:30 pm Youth Sports		6 - 7:30 pm Youth Sports		
	7:30 - 8:30 pm Family Open		7:30 - 8:30 pm Family Open		
8:30 - 9:45 pm Adult Open	8:30 - 9:45 pm Adult Open	8:30 - 9:45 pm Adult Open	8:30 - 9:45 pm Adult Open	9 - 9:45 pm Adult Open	SUNDAY 1:00 - 6 pm Family Open ½ Gym (Sept. 13 -May 23)

White = Open times

Black = Gym closed for YMCA programs

**Youth members must be picked up by 8:30 pm
Monday through Thursday, 9:00 pm on Friday.**