



Downriver Family YMCA

We build strong kids, strong families, strong communities.

March 1 - April 18

GYM SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym	South Gym	North Gym		
Open Gym 5:00-8:30am		Open Gym 5:00-9:30am		Open Gym 5:00-8:30am		Open Gym 5:00-9:30am		Open Gym 5:00-8:30am		Schedule is subject to change.		NOTE: Shaded areas require program registration.			
AOA Silver Sneakers 9:00-11:00am	Open Gym 8:30-11:30a	Gym & Art 10:00-11:00am	Small Group Personal Training 10:00-11:00am	AOA Silver Sneakers 9:00-11:00am	Open Gym 8:30-11:30a	Open Gym 9:30-10:30am	Small Group Personal Training 10:00-11:00am	AOA Silver Sneakers 9:00-11:00am	Open Gym 8:30-11:30a					Open Gym 7:00-10:00a	Fitness Class 7:30-9:00a
Open Gym 11:00-11:30a				Open Gym 11:00-11:30am		Open Gym 11:00-11:30am		Open Gym 11:00-11:30am		Tiny Tykes 10:30-11:00a	Open Gym 11:00-11:30am	Open Gym 11:00-11:30am	Open Gym 11:00-11:30a	Open Gym 9:00a-12:00p	
Adult Basketball* 11:30a-1:30pm		Open Gym 11:30-12:30pm		Adult Basketball* 11:30a-1:30p		Open Gym 12:00-3:30pm		Adult Basketball* 11:30a-1:30p		Youth Sports Basketball Games 10:00a-12:00p		Open Gym 9:00a-3:00p			
Open Gym 1:30-5:00pm		School Time Fitness 12:30-2:00pm	Open Gym 12:30-5:00pm	Open Gym 1:30-5:00pm		Open Gym 3:30-6:00p	Open Gym 3:30-5:30pm	Youth Sports Basketball Games 12:00-4:00p		Youth Basketball 3:00-4:00p		Open Gym 9:00a-3:00p			
Youth BBall 5:00-6:00p	Open Gym 5:00-6:00p	Tiny Tikes 5:30-6:00p		Youth BBall 5:00-6:00p	Youth BBall 5:00-6:00p	Open Gym 5:00-6:00p		Personal Training 6:00-7:00p	Open Gym 1:30-8:00p		Open Gym 6:00p	4:00-5:00p	Youth Bball 4:00-5:00p	Open Gym 4:00-7:00p	
Youth Basketball 6:00-7:00p		Preschool Sports Sampler 6:15-7:00p	Preschool Basketball 6:00-6:45p	Youth Basketball 6:00-7:00p		Kid's Gym 7:00-8:30p	Open Gym 5:30-8:00pm	Open Gym 6:00-9:00p		Open Gym 6:00-9:00p	Open Gym 6:00-9:00p	Open Gym 4:00-7:00p			
Youth Basketball 7:00-8:15pm		Climbing Club 6:00-7:00pm	Youth Volleyball 7:00-8:00pm	Youth Basketball 7:00-8:15pm				Open Gym 7:00-9:00p				Open Gym 7:00-9:00p		Adult Basketball* 7:00-9:00pm	
Adult Basketball* 8:30-10:00pm		Open Gym 7:00-10:00p	Open Gym 8:00-10:00pm	Adult Basketball* 8:30-10:00p		Open Gym 8:30-10:00p	Open Volleyball* 8:00-10:00p	Teen Gym 8:00-10:00p	Teen Volleyball 8:00-10:00p	*Adult Basketball & Volleyball require all members and guests to be at least 18 years of age. Please respect the gym rules that are posted.					