



We build strong kids, strong families, strong communities.

Fall 2010

GYM SCHEDULE

Sept 13th-Dec 19th

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|-----------------------|--------------------------------|--------------------------------------|------------------------------------|--|--------------------------------|--------------------------------|--|
| | Open Gym 5:00-10:00 | Open Gym 5:00-9:00 | Open Gym 5:00-10:00 | Open Gym 5:00-3:00 | Open Gym 5:00-12:00 | Open Gym 7:00-9:00 | |
| Open Gym 9:00-1:30 | Open Gym 10:00-12:00 | Y's Guys 9:00-11:00 | Open Gym 10:00-11:00 | | Men's Basketball 12:00-2:00 | Men's Basketball 12:00-2:00 | Youth Basketball Leagues 9:00-1:00 |
| | Men's Basketball 12:00-2:00 | Open Gym 11:00-3:00 | Men's Basketball 12:00-2:00 | | | | |
| Open Gym 1:30-6:00 | Open Gym 2:00-6:00 | | Open Gym 2:00-3:00 | Family Gym 3:00-5:00 | Open Gym 2:00-7:00 | Open Gym 1:00-5:45 | |
| | | Family Gym 3:00-5:00 | Family Gym 3:00-6:00 | | | | |
| | | Hip-Hop Dance 5:00-7:00 | | Cheerleading 5:00-7:00p | Youth Practices 7:00-8:30 | | |
| | | Indoor Soccer Clinic 6:00-7:00 | | *Adult Co-Ed Volleyball/Open Gym 7:00-9:45 | | | |
| | | Basketball Clinic 7:00-8:00 | Open Gym 7:00-9:45 | Multi Sport and Tiny Tykes 6:00-7:00 | Open Gym 8:30-9:45 | | |
| | | Open Gym 8:00-9:45 | | Open Gym 7:00-8:00 | | | |
| | | | Men's Floor Hockey 8:00-9:45 | | | | |

* Denotes time when half of the gym may available to members for Open Gym.*