

GYM SCHEDULE

	MONDAY		TUESDAY		WED.		THURSDAY		FRIDAY		SATURDAY		SUNDAY
	Youth gym	Adult Side	Youth Side	Adult Side	Youth Side	Adult Side	Youth Side	Adult Side	Youth Side	Adult Side	Youth Side	Adult Side	Youth Sid
5:30 AM	Open Gym	Pick Up	Morning Basketbal	Adult League	Open Gym	Pick Up	Morning Basketbal	Adult League	Open Gym	Pick Up			
6:00 AM	6am - 8:45 am	6am - 8:45 am	6am - 8:45 am	6am - 8:45 am	6am - 8:45 am	5am - 8:45 am	6am - 8:45 am	6am - 8:45 am	6am - 8:45 am	6am - 8:45 am			
7:00 AM													
8:00 AM													
9:00 AM	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Open Gym	Open Shooting	Open Gy
10:00 AM											PW BBall	Open Shooting	
11:00 PM		Childwatch		PickleBall		PickleBall		PickleBall		Childwatch	PW T-Ball	Open Shooting	
12:00 PM	Noon Basketball League		12:15 to 1:15		Noon Basketball League		12:15 to 1:15		Noon Basketball League		Baseball Skills	Open shooting	Open Gy
1:00 PM	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Camp 1:15- 4:15	Basketball Skills		
2:00 PM											Basketball Skills		
3:00 PM											Basketball Skills		
4:00 PM	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym		Open Gy
5:00 PM					Open Gym								
6:00 PM	Open Gym	Pick up	Open Gym	Pick Up	Basketball Skill Class	Open Shooting	Open Gym	Pick up	Open Gym	Pick up			
7:00 PM	Open Gym	Pick Up	Open Gym		Basketball Skill Class		Open Gym	Pick Up	Open Gym	Pick Up			
8:00 PM			Open Gym		Open Gym	Pick Up							
9:00 PM					Open Gym								

Pick up games are 5 vs 5 full court, winner stays

Open gym is for families and members to share and practice shooting, volleyball drills (no net), soccer drills, etc.

Youth under the age of 13 must be with an adult the gym unless registered in a program.

The YMCA staff reserves the right to close the gym for any reason at any time.

Please be respectful and courteous of scheduled activities and practices. If you have any concerns, please contact the building supervisor on duty.

In case of inclement weather YMCA camps can be moved into the gym replacing any Camp Pick Up, Pickleball on Noon Basketball activities.

North Oakland Family YMCA
 Summer Session II
 Aug 8- Sept 4