

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											Open Gym	Open Shooting	Open Gy
9:00 AM	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Open Gym	Open Shooting	
10:00 AM											Soccer Skills	Open Shooting	
11:00 PM		PickleBall		PickleBall		PickleBall		PickleBall		PickleBall	Tumblers	Open Shooting	
12:00 PM	Noon Basketball League		12:15 to 1:15		Noon Basketball League		12:15 to 1:15		Noon Basketball League		Open Gym	Pick Up	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			
2:00 PM													
3:00 PM													
4:00 PM	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Open Gym	Open Gym	Pick up	Open Gym	Pick up	Open Gym		Open Gy
5:00 PM					Basketball Skill Class								
6:00 PM	Soccer Skills	Open Shooting	Open Gym	Pick Up	AAU Basketball Practice	Open Shooting	AAU Basketball Practice	Open Shooting	AAU Basketball Practice	Open Shooting			
7:00 PM	Open Gym	Pick Up	Soccer Skills						AAU Basketball Practice	AAU Basketball Practice			
8:00 PM			Open Gym		Open Gym	Pick Up	Open Gym	Pick Up	AAU Basketball Practice	Open Shooting			
9:00 PM									Open Gym	Open Shooting			

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 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 may be moved into the gym replacing any C Pick Up, Pickleball on Noon Basketball activities.

North Oakland Family YMCA
Summer Session I June 8- July 19