

# 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 Side
5:30 AM	Open Gym	Pick Up	Morning Basketball	Adult League	Open Gym	Pick Up	Morning Basketball	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											Open Gym	Open Shooting	
8:00 AM											Open Gym	Open Shooting	
9:00 AM	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Badminto 11:45an
10:00 AM	Childwatch	PickleBall	PW B-Ball 10:00-10:45	PickleBall	Open Gym	PickleBall For Beginners	PickleBall	PickleBall	Childwatch	PickleBall	PW B-Ball 10:15-11	Pick up	
11:00 AM	Preschool	PickleBall	Preschool	PickleBall	Open Gym	PickleBall	Open Gym	PickleBall	Preschool	PickleBall	Open Gym	Pick up	
12:00 PM	Noon Basketball League		12:15 to 1:15		Noon Basketball League		12:15 to 1:15		PW Sampler 12pm-1pm	Pick up	Open Gym	Pick up	Batting Cages reservation) 1
1:00 PM	Open Gym	Pick Up	Open Gym	Pick Up	Open Gym	Pick Up	Open Gym	Pick Up	Open Gym	Pick Up	Open Gym	Pick up	
2:00 PM											PW Soc 2-2:45	Pick up	Open Gy
3:00 PM											Open Gym	Pick up	Open Gy
4:00 PM	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick Up	Open Gym	Pick up	Open Gym	Homets VB prac 4:30-5:30	Open Gym	Pick up	Adult Basket 4:00pm
5:00 PM						Pick Up	Open Gym	Pick up	Open Gym	Mustangs VB prac 5:30-6:30	Open Gym	Pick up	Adult Basket 4:00pm
6:00 PM	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Pick up	Open Gym	Vikings VB Prac 6-7	Open Gym	Pick up			
7:00 PM	Open Gym	Eagles VB prac 7-8			Open Gym		Open Gym	Pick up	Open Gym	Pick up			
8:00 PM	Adult Basketball	Adult Basketball	Open Gym	Pick Up	Badminton 8 9:45pm	Pick Up	Open Volleyball 8:00-9:45	Pick up	Open Gym	Pick up			
9:00 PM	8pm-10pm	8pm-10pm	Adult Basketball on 3-9 & 4-6	Adult Basketball on 3-9 & 4-6				Pick Up	Open Gym	Pick up			

Pick up games are 5 vs adult side, winner stays

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

Youth under the age of 13 must be with an adult at 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 C Pick Up, Pickleball on Noon Basketball activities.

North Oakland Family YMCA

Winter II Mar 29- April 25