

Gym Schedule

Spring I 2010

2/21/10 - 4/17/10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM		Open	Open	Open	Open	Open	Gymnastics closed	5:00 AM
5:30		Open	Open	Open	Open	Open		5:30
6	Open	Open	Open	Open	Open	Open		6
6:30	Open	Open	Open	Open	Open	Open		6:30
7	Open	Before School	Before School	Before School	Before School	Before School		7
7:30	Open	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30		7:30
8	Open							8
8:30	Open	Open	Open	Open	Open	Open		8:30
9	Open	Open	Open	Open	Open	Open		9
9:30	Open	Open	Open	Open	Open	Open		9:30
10	Open	Open	Open	Open	Open	Open	Gymnastics 9:00-1:30	10
10:30	Open	Open	Open	Open	Open	Open		10:30
11	Rental	Open	Adult	Open	Adult	Open		11
11:30	or	Open	Basketball	Open	Basketball	Open		11:30
12:00 PM	Adult	Open	(19 yrs & up)	Open	(19 yrs & up)	Open		12:00 PM
12:30	Bball	Open	11:00-1:30	Open	11:00-1:30	Open		12:30
1	League	Open		Open		Open		1
1:30		Open	Open	Open	Open	Open		1:30
2		New Hope	New Hope	New Hope	New Hope	New Hope		2
2:30		1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30		2:30
3		Open	Open	Open	Open	Open	3	
3:30	Open	After School/ Youth Sports	After School/ Youth Sports	After School/ Youth Sports	After School/ Youth Sports	After School Gymnastics 4:00-9:00	3:30	
4	Open	3:30-5:00	3:30-4:30	3:30-5:00	Intermediate youth gymnastics		Open	
4:30	Open	Adult	Gymnastics	Adult	5:00-6:30pm		Open**	
5		Basketball (19 yrs & up)	4:30-6:30	Basketball (19 yrs & up)	Sports		Open**	
5:30		5:00-7:30		5:00-7:30	6:00-6:50		Open**	
6			APM Volleyball		APM Volleyball		Open**	
6:30			Begins Nov. 23		Begins Nov. 23		Open**	
7		APM Volleyball	7:00-9:00	APM Volleyball	7:00-9:00			
7:30		Begins Nov. 23		Begins Nov. 23				
8		7:30-9:30		7:30-9:30				
8:30			Open		Open			
9		Open	Open	Open	Open			
9:30								
10								

Open:** Gym may be closed due to rentals. Check with Customer Service staff for current schedule.

Members under the age of 9 must be accompanied by a parent/guardian or responsible family member 16 years or older unless in a supervised class or program. Age 13 and older for Fitness classes unless designed for youth.



Leaning Tower YMCA