

AUGUST SCHEDULE (SEE SIDE BAR FOR CLOSURES)

GYMNASIUM

Open Gym: Shoot Hoops, Walk, Jog, Stretch, etc. (no side or half court games)

Adult Basketball: Adult full or half court games.

Ladies Hoops: Skill building and scrimmages for ladies.

Preschool/Afterschool: Scheduled exercise and activity time for our YMCA Child Care Programs.

Boot Camp & Mommy N

Me: Fitness classes (for more details see monthly fitness schedule)

GYM CLOSURES:

August 1st

GYM CLOSED
3:30-4:30pm
YMCA Summer Camp

August 2nd

GYM CLOSED
3:30-4:30pm
YMCA Summer Camp

August 19 & 26

1/2 GYM CLOSED
8:00-10:00am

***NEW PROGRAM* Basketball Skills Training**

August 20 & 27

1/2 GYM CLOSED
9:00-11:00am

***NEW PROGRAM* Basketball Skills Training**

August 23 & 30

1/2 GYM CLOSED
3:30-5:30pm

***NEW PROGRAM* Basketball Skills Training**

(Call to schedule your specialized training session)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-7:00 Adult Basketball	5:00-7:30 Adult Basketball	5:00-7:00 Adult Basketball	5:00-7:30 Adult Basketball	5:00-7:00 Adult Basketball	6:00-8:00 1/2 Adult Basketball 1/2 Open Gym
9:00-9:30 1/2 Open Gym 1/2 Pick Up Games	7:00-10:00 Pickleball	7:30-9:30 Pickleball	7:00-10:00 Pickleball 9:30-10:30 Pickleball Lessons (2 nd Wed of each month)	7:30-9:30 Pickleball	7:00-8:30 Pickleball (games & lessons) 8:45-10:00 BOOT CAMP	8:00-4:00 1/2 Open Gym (games & lessons) 1/2 Pick Up Games
9:30-10:15 1/2 Open Gym 1/2 Pick up Games	10:00-10:55 1/2 Open Gym 1/2 Pickleball	9:30-10:30 1/2 Mommy/Me 1/2 Pickleball	10:00-10:55 1/2 Open Gym 1/2 Pickleball	9:30-10:30 1/2 Mommy/Me 1/2 Pickleball	10:00-10:55 Open Gym	4:00-6:00 1/2 Open Gym 1/2 Pickup Games
10:15-11:00 1/2 Open Gym 1/2 Pick Up Games	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	10:30-1:00 1/2 Open Gym 1/2 PickUp Gms	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	10:30-12:00 1/2 Open Gym 1/2 PickUp Gms	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	6:00-8:00 1/2 Open Gym 1/2 Pick Up Games.
11:00-1:00 1/2 Adult Basketball 1/2 open gym	12:00-2:15 1/2 Open Gym 1/2 Pick Up Games	1:00-3:30 1/2 Open Gym 1/2 Pick Up Games	12:00-3:30 1/2 Open Gym 1/2 Pick Up Games	12:00-3:30 1/2 Open Gym 1/2 Pick Up Games	12:00-2:00 Adult Basketball 2:00-3:30 Open Gym	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES.
1:00-2:00 1/2 Open Gym 1/2 Pickup Games	2:15-4:00 1/2 Open Gym 1/2 Child Care Activities	3:30-4:30 1/2 Open Gym 1/2 Pick Up Games	3:30-4:30 1/2 Open Gym 1/2 Pick Up Games	3:30-4:30 1/2 Open Gym 1/2 Pick Up Games	3:30-4:30 1/2 Open Gym 1/2 Pick Up Games	***NEW*** Starting on August 19 th , we will start offering private or semi-private
2:00-3:00 1/2 Open Gym 1/2 Ladies Hoops	4:00-6:30 1/2 Open Gym 1/2 Pickup Games	4:30-6:30 1/2 Open Gym 1/2 Pick Up Games	4:30-6:30 1/2 Open Gym 1/2 Pickup Games	4:30-6:30 1/2 Open Gym 1/2 Pickup Games	4:30-6:00 1/2 Open Gym 1/2 Pick Up games	specialized basketball training sessions.
3:00-5:00 1/2 Open Gym 1/2 Pickup Gms	6:30-9:00 City league Basketball (Ends 8/21)	6:30-9:00 City league Basketball (Ends 8/22)	6:30-10:00 City League Basketball (Ends 8/23)	6:30-10:00 City league Basketball (Ends 8/24)	6:00-10:00 1/2 Open Gym 1/2 Pickup Games	Call to schedule an appointment with YMCA basketball trainer
5:00-6:00 1/2 Open Gym 1/2 PickUp Games	9:00-11:00 1/2 Open Gym 1/2 Pickup Games	9:00-11:00 1/2 Open Gym 1/2 Pickup Games	10:00-11:00 1/2 Open Gym 1/2 Pickup Games	10:00-11:00 1/2 Open Gym 1/2 Pickup Games	10:00-11:00 1/2 Pickup games 1/2 Open Gym	Nick Morrell.

