

JULY 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.

Pickleball: This game is for 2-4 players and uses a net and paddles (similar to tennis).

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:

July 4th

YMCA Closed
Independence Day

July 10th-14th

Gym Closed
Basketball Camp
9-11am

July 17th-21st

Gym Closed
Fencing Camp
9-11am

July 24th-July 28th

Gym Closed
Girls Basketball
Camp
9-11am

*some classes may be cancelled or rescheduled due to sports camps

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 ½ Adult Basketball ½ Open Gym
9:00-9:30 ½ Open Gym ½ Pick Up Games	7:00-9:30 Pickleball	7:30-9:30 Pickleball	7:00-9:30 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 ½ Open Gym ½ Pick Up Games
9:30-10:15 ½ Open Gym ½ Sunday Slam	9:30-10:50 ½ Open Gym ½ Open Gym	9:30-10:30 ½ Mommy/Me ½ Open Gym	9:30-10:50 ½ Open Gym ½ Pick up games	9:30-10:30 ½ Mommy/Me ½ Open Gym	10:00-11:00 ½ Open Gym ½ Open Gym	4:00-6:00 ½ Open Gym ½ Pickup Games
10:15-11:00 ½ Open Gym ½ Pick Up Games	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	10:30-1:00 ½ Open Gym ½ PickUp Gms	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	10:30-12:00 ½ Open Gym ½ PickUp Gms	11:00-12:00 <i>Stretch N Flex Fitness Class</i>	6:00-8:00 ½ Open Gym ½ Pick Up Games.
11:00-1:00 ½ Adult Basketball ½ open gym	12:00-3:30 ½ Open Gym ½ Pick Up Games	1:00-3:30 ½ Open Gym ½ Pick Up Games	12:00-3:30 ½ Open Gym ½ Pick Up Games	12:00-3:30 ½ Open Gym ½ 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 ½ Open Gym ½ Pickup Games	3:30-4:30 YMCA Summer Camp Activities	3:30-4:30 YMCA Summer Camp Activities	3:30-4:30 YMCA Summer Camp Activities	3:30-4:30 YMCA Summer Camp Activities	3:30-4:30 YMCA Summer Camp Activities	
2:00-3:00 ½ Open Gym ½ Ladies Hoops	4:30-6:30 ½ Open Gym ½ Pickup Games	4:30-6:30 ½ Open Gym ½ Pick Up Games	4:30-6:30 ½ Open Gym ½ Pickup Games	4:30-6:30 ½ Open Gym ½ Pickup Games	4:30-6:00 ½ Open Gym ½ Pick Up games	
3:00-5:00 ½ Open Gym ½ Pickup Gms	6:30-9:00 City league Basketball (starts 7/10)	6:30-9:00 City league Basketball (starts 7/11)	6:30-10:00 City League Basketball (starts 7/12)	6:30-10:00 City league Basketball (starts 7/13)	6:00-10:00 ½ Open Gym ½ PickUp Games	
5:00-6:00 ½ Open Gym ½ Pickup Games	9:00-11:00 ½ Open Gym ½ Pickup Games	9:00-11:00 ½ Open Gym ½ Pickup Games	10:00-11:00 ½ Open Gym ½ Pickup Games	10:00-11:00 ½ Open Gym ½ Pickup Games	10:00-11:00 ½ Pickup games ½ Open Gym	

