

OCTOBER 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.

Basketball Skills

Training: Private or semi-private basketball training with Coach Nick Morrell- Call to schedule sessions.

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:

****OCT 7th****

1/2 GYM CLOSED
11:00-12:00pm
Taekwondo Class

****OCT 9th****

GYM CLOSED
4:00-5:00pm
Child Care
Activities

****OCT 10th****

GYM CLOSED
4:00-5:00pm
Child Care
Activities

****OCT 12th****

GYM CLOSED
4:00-5:00pm
Child Care
Activities

****OCT 13th****

GYM CLOSED
4:00-5:00pm
Child Care
Activities

***YMCA staff may be using one or two hoops during open gym times for Skills Training**

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
9:00-11:00 1/2 Open Gym 1/2 Pickup Games	7:00-10:00 Pickleball	7:30-9:25 Pickleball	7:00-10:00 Pickleball 9:30-10:30 Pickleball Lessons (2 nd Wed of each month)	7:30-9:25 Pickleball	7:00-8:30 Pickleball 8:45-10:00 BOOT CAMP	8:00-10:00 1/2 Open Gym 1/2 Pickup Games
11:00-12:00 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 1/2 Open Gym 1/2 Open Gym	10:00-6:00 1/2 Open Gym 1/2 Pickup Games
12:00-1:00 1/2 Open Gym 1/2 Pick Up Games	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>	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.
1:00-1:30 1/2 Adult Basketball 1/2 open gym	12:00-2:15 1/2 Open Gym 1/2 Pick Up Games	12:00-2:30 1/2 Open Gym 1/2 Pick Up Games	12:00-3:30 1/2 Open Gym 1/2 Pick Up Games	12:00-2:30 1/2 Open Gym 1/2 Pick Up Games	12:00-2:00 Adult Basketball	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES.
1:30-2:00 1/2 Open Gym 1/2 Pickup Games	2:15-4:00 1/2 Open Gym 1/2 Afterschool & Childcare Activities	2:30-5:00 1/2 Open Gym 1/2 Pickup Games	3:30-5:30 1/2 Open Gym 1/2 Pickup Games	2:30-5:00 1/2 Open Gym 1/2 Pickup Games	2:00-5:00 1/2 Open Gym 1/2 Pickup Games	***NEW*** We now offer private or semi-private specialized basketball
2:00-3:00 1/2 Open Gym 1/2 Ladies Hoops	4:00-6:00 1/2 Open Gym 1/2 Pickup Games	5:00-6:00 1/2 Open Gym 1/2 Pick Up Games	5:00-6:00 1/2 Open Gym 1/2 Pickup Games	5:00-6:00 1/2 Open Gym 1/2 Pickup Games	5:00-6:00 1/2 Open Gym 1/2 Pick Up games	training sessions. Call to schedule an appointment
3:00-5:00 1/2 Open Gym 1/2 Pickup Gms	6:00-9:00 1/2 City league VBall 1/2 Open Gym	6:00-10:00 1/2 Open Gym 1/2 Pickup Games	6:00-10:00 1/2 City League Volleyball 1/2 Open Gym	6:00-10:00 City League Volleyball	6:00-10:00 1/2 Open Gym 1/2 PickUp Games	with YMCA basketball trainer -Nick Morrell.
5:00-6:00 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 Open Gym 1/2 Pickup Games	10:00-11:00 1/2 Pickup games 1/2 Open Gym	

