



# APRIL SCHEDULE (SEE SIDE BAR FOR CLOSURES)

**GYMNASIUM -- SEE BACK SIDE FOR GYM GUIDELINES**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**\*SPECIAL THANKS TO Foothills Bank-MAJOR SPONSOR FOR OUR 2024 YOUTH BASKETBALL LEAGUE!**

| <b>APRIL GYM CLOSURES</b> | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---------------------------|--|---|--|--|--|---|---|
|                           | <p><b>**APRIL 4TH**</b><br/>Gym Closed<br/>9:30am-11:00am<br/>Pickleball Lesson 1</p> <p><b>**APRIL 6TH**</b><br/>Gym Closed<br/>8:00am-6:00pm<br/>Youth League Volleyball Games</p> <p><b>**APRIL 13TH**</b><br/>Gym Closed<br/>8:00am-5:00pm<br/>Youth League Volleyball Games</p> <p><b>**APRIL 11TH**</b><br/>Gym Closed<br/>9:30am-11:00am<br/>Pickleball Lesson 2</p> <p><b>**APRIL 18TH**</b><br/>Gym Closed<br/>9:30am-11:00am<br/>Pickleball Lesson 3</p> <p><b>**APRIL 20TH**</b><br/>Gym Closed<br/>8:00am-6:00pm<br/>Youth League Volleyball Games</p> <p><b>**APRIL 27TH**</b><br/>Gym Closed<br/>8:00am-5:00pm<br/>Youth League Volleyball Games</p> | <p>9:00-1:30<br/>Open Gym</p> <p>1:30-3:30<br/>1/2 Open Gym<br/>1/2 Open Volleyball</p> | <p>5:00-7:00<br/>Adult Basketball</p> <p>7:00-9:50<br/>Pickleball</p> <p>10:00-11:00<br/>Y Fit</p> <p>11:00-12:00<br/>Stretch &amp; Flex</p> <p>12:00-2:00<br/>Open Gym</p> <p>2:00-3:00<br/>Open Gym</p> <p>3:00-3:30<br/>Open Gym</p> <p>3:30-5:00<br/>YVL Practice</p> <p>5:00-6:00<br/>1/2 Open Gym<br/>1/2 YVL Practice</p> <p>6:00-8:00<br/>1/2 Open Gym<br/>1/2 City League Volleyball</p> <p>8:00-9:00<br/>1/2 Open Gym<br/>1/2 City League Volleyball</p> | <p>5:00-7:30<br/>Adult Basketball</p> <p>7:30-10:00<br/>Pickleball</p> <p>10:00-10:30<br/>Open Gym</p> <p>11:00-12:00<br/>Open Gym</p> <p>12:00-2:00<br/>Open Gym</p> <p>2:00-3:15<br/>Open Gym</p> <p>3:15-3:45<br/>1/2 Open Gym<br/>1/2 After School Activities</p> <p>3:30-6:00<br/>YVL Practices</p> <p>6:00-8:00<br/>City League Volleyball</p> <p>8:00-9:00<br/>City League Volleyball</p> | <p>5:00-7:00<br/>Adult Basketball</p> <p>7:00-9:50<br/>Pickleball</p> <p>10:00-11:00<br/>Y Fit</p> <p>11:00-12:00<br/>Stretch &amp; Flex</p> <p>12:00-2:00<br/>Open Gym</p> <p>2:00-3:00<br/>Open Gym</p> <p>3:00-3:30<br/>Open Gym</p> <p>3:30-5:00<br/>1/2 Open Gym<br/>1/2 YVL Practices</p> <p>5:00-6:00<br/>YVL Practices</p> <p>6:00-8:00<br/>City League Volleyball</p> <p>8:00-9:00<br/>City League Volleyball</p> | <p>5:00-7:30<br/>Adult Basketball</p> <p>7:30-9:30<br/>Pickleball</p> <p>9:30-11:00<br/>Pickleball Lesson 1<br/>Pickleball Lesson 2<br/>Pickleball Lesson 3</p> <p>10:00-11:00<br/>1/2 Open Gym<br/>(if no lessons)</p> <p>11:00-12:00<br/>Open Gym</p> <p>12:00-2:00<br/>Open Gym</p> <p>2:00-3:15<br/>Open Gym</p> <p>3:15-3:45<br/>1/2 Open Gym<br/>1/2 After School Activities</p> <p>3:30-6:00<br/>YVL Practices</p> <p>6:00-8:00<br/>City League Volleyball</p> <p>8:00-9:00<br/>City League Volleyball</p> | <p>5:00-7:00<br/>Adult Basketball</p> <p>7:00-9:50<br/>Pickleball</p> <p>10:00-11:00<br/>Y Fit</p> <p>11:00-12:00<br/>Stretch &amp; Flex</p> <p>12:00-2:00<br/>Open Gym</p> <p>2:00-3:00<br/>Open Gym<br/>1/2 Adult Basketball</p> <p>3:00-3:30<br/>Open Gym</p> <p>3:45-5:00<br/>1/2 Open Gym<br/>1/2 YVL Practices</p> <p>5:00-6:00<br/>YVL Practices</p> <p>6:00-7:00<br/>1/2 Open Gym<br/>1/2 YVL Practices</p> |

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

**Open Volleyball:** 1/2 Gym available for open Volleyball Play.

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

**Stretch N Flex & Y Fit:** Fitness Classes (for more details see monthly fitness schedule)

**Child Care Activities:** Scheduled exercise & activity time for our YMCA Child Care Program

**JAMES FAMILY PRESCOTT YMCA**  
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