

AUGUST SCHEDULE (SEE SIDE BAR FOR CLOSURES)

GYMNASIUM -- SEE BACK SIDE FOR GYM GUIDELINES

*SPECIAL THANKS TO Foothills Bank-MAJOR SPONSOR OF OUR 2022 YOUTH BASKETBALL LEAGUE!

*SPECIAL THANKS TO DIGNITY HEALTH, YRMC-SIGNATURE SPONSOR OF OUR 44TH ANNUAL WHISKEY ROW MARATHON!

YOU MUST BRING YOUR OWN PICKLEBALL PADDLE

<u>August GYM CLOSURES</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>August 4th Gym Closed 9:30am-11:15am YMCA Summer Day Camp Activities</p> <p>Gym Closed 12:00pm-2:00pm Monday-Friday YMCA Summer Day Camp Activities (ends August 5th)</p> <p>**City League Basketball ends August 25th**</p>	9:00-2:00 Open Gym	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	8:00-4:00 Open Gym
	2:00-4:00 1/2 Open Gym 1/2 Open Volleyball	7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	4:00-6:00 Open Gym
		10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
		11:00-12:00 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex	
		12:00-2:00 YMCA Summer Day Camp Activities (ends 8/1) 12:00-2:00 Open Gym Begins 8/8	12:00-2:00 YMCA Summer Day Camp Activities (ends 8/2) 12:00-2:00 Open Gym Begins 8/9	12:00-2:00 YMCA Summer Day Camp Activities (ends 8/3) 12:00-2:00 Open Gym Begins 8/10	12:00-2:00 YMCA Summer Day Camp Activities (ends 8/4) 12:00-2:00 Open Gym Begins 8/11	12:00-2:00 YMCA Summer Day Camp Activities (ends 8/5) 12:00-2:00 Open Gym Begins 8/12	
		2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-4:00 Open Gym 1/2 Adult Basketball	
		4:00-5:00 Open Gym	4:00-5:00 Open Gym	4:00-5:00 Open Gym	4:00-6:00 Open Gym	3:00-5:00 Open Gym	
		5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	6:00-9:00 City League Basketball (ends 8/25)	5:00-6:00 Open Gym	
		8:00-9:00 Open Gym	7:00-9:00 Open Gym	8:00-9:00 Open Gym		6:00-7:00 Open Gym	

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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