

DECEMBER SCHEDULE (SEE SIDE BAR FOR CLOSURES)

GYMNASIUM -- SEE BACK SIDE FOR GYM GUIDELINES

SPECIAL THANKS TO Foothills Bank, MAJOR SPONSOR OF OUR 2021 YBL & YVL

****YOU MUST BRING YOUR OWN BASKETBALL & PICKLEBALL PADDLE****
****WE ARE NOT HANDING OUT BASKETBALLS****

<u>DECEMBER GYM CLOSURES</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 1st Gym Closed 4:30pm-8:00pm YBL Tryouts	9:00-4:00 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	8:00-2:00 Open Gym
December 2nd Gym Closed 9:30am-10:50am Pickleball Lesson 2		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	2:00-6:00 Open Gym
December 2nd Gym Closed 4:30pm-8:00pm YBL Tryouts		10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	9:30-10:50 Pickleball Lesson 1 (3rd Thur) Pickleball Lesson 2 (must take lesson 1) (4th Thur) 10:00-11:00 1/2 Open Gym (if no lessons)	10:00-11:00 Y Fit	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
December 3rd Gym Closed 4:30pm-7:00pm YBL Tryouts		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	
December 4th Gym Closed 8:00am-12:00pm YBL Tryouts MAKE-UP		12:00-2:30 Open Gym	12:00-2:00 Open Gym	12:00-1:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	<i>*Pickleball Lesson 2 (must have taken Lesson 1 to sign up) Every 4th Thur of the Month*</i>
December 16th Gym Closed 9:30am-10:50am Intermediate Pickleball Lesson		2:30-3:30 Open Gym	2:00-3:15 Open Gym	1:00-2:00 1/2 Open Gym 1/2 SNAP/ Special Olympic (no practice 1st Wed of each month)	2:00-3:15 Open Gym	2:00-3:15 Open Gym	<i>*Preregistration Required for pickleball lessons (by preceding Monday)</i>
December 24th YMCA Closes early @3:00pm		3:30-4:00 Open Gym	3:15-4:00 Open Gym	2:00-4:00 Open Gym	3:15-4:00 Open Gym	3:15-4:00 Open Gym	
December 25th YMCA Closed Christmas Day		4:00-8:00 1/2 Open Gym 1/2 YBL Practice (12/9-12/20)	4:00-8:00 1/2 Open Gym 1/2 YBL Practice (12/9-12/20)	4:00-8:00 1/2 Open Gym 1/2 YBL Practice (12/9-12/20)	4:00-8:00 1/2 Open Gym 1/2 YBL Practice (12/9-12/20)	4:00-7:00 1/2 Open Gym 1/2 YBL Practice (12/9-12/20)	
December 31st YMCA Closes early @3:00pm		8:00-9:00 Open Gym	8:00-9:00 Open Gym	8:00-9:00 Open Gym	8:00-9:00 Open Gym		

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

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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