

SEPTEMBER SCHEDULE (SEE SIDE BAR FOR CLOSURES)

GYMNASIUM--- SEE BACK SIDE FOR GYM RULES

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

Adult Basketball: Adult full or half court games

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

Preschool/Afterschool: Scheduled exercise & activity time for our YMCA Child Care Programs.

Boot Camp & Mommy N Me: Fitness classes (for more details see monthly fitness schedule)

GYM CLOSURES:

****Sept 2nd****
YMCA Closed
Labor Day

****Sept 9th - 15th****
Gym Closed
Floor Recoating

****Sept 19th****
½ Gym Closed
4:00pm-5:00pm
Child Care Gym Time

****Sept 20th****
½ Gym Closed
4:00pm-5:00pm
Child Care Gym Time

****Sept 23rd****
½ Gym Closed
2:00pm-3:30pm
YMCA After School Activities

****Sept 23rd****
½ Gym Closed
3:30pm-4:30pm
YMCA Preschool Activities

****Sept 28th****
Gym Closed
12:00pm-7:30pm
Girls & Sports Day

-City League Volleyball will begin Monday Sept. 16th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>5:00-7:00</u> Adult Basketball	<u>5:00-7:30</u> Adult Basketball	<u>5:00-7:00</u> Adult Basketball	<u>5:00-7:30</u> Adult Basketball	<u>5:00-7:00</u> Adult Basketball	<u>6:00-8:00</u> ½ Adult Basketball ½ Open Gym
<u>9:00-9:30</u> ½ Open Gym ½ Pick Up Games	<u>7:00-10:00</u> Pickleball	<u>7:30-9:30</u> Pickleball	<u>7:00-10:00</u> Pickleball <u>9:30-10:50</u> Pball Lessons (3 rd Wed) Pball Clinic (4 th Wed)	<u>7:30-9:30</u> Pickleball	<u>7:00-8:30</u> Pickleball <u>8:30-10:00</u> BOOT CAMP	<u>8:00-4:00</u> ½ Open Gym ½ Pick Up Games
<u>9:30-10:15</u> ½ Open Gym ½ Pickup games	<u>10:00-10:50</u> ½ Open Gym ½ Pickleball	<u>9:30-10:30</u> ½ Mommy/Me ½ Pickleball	<u>10:00-10:50</u> Open Gym (if no pickleball lessons or clinic) ½ Pickleball	<u>9:30-10:30</u> ½ Mommy/Me ½ Pickleball	<u>10:00-10:50</u> ½ Open Gym ½ Pick Up Games	<u>4:00-6:00</u> ½ Open Gym ½ Pick Up Games
<u>10:15-11:00</u> ½ Open Gym ½ Pick Up Games	<u>11:00-12:00</u> <i>Stretch N Flex Fitness Class</i>	<u>10:30-12:00</u> ½ Open Gym ½ Pick Up Games	<u>11:00-12:00</u> <i>Stretch N Flex Fitness Class</i>	<u>10:30-12:00</u> ½ Open Gym ½ Pick Up Games	<u>11:00-12:00</u> <i>Stretch N Flex Fitness Class</i>	<u>6:00-8:00</u> ½ Open Gym ½ Pick Up Games.
<u>11:00-2:00</u> ½ Pickup games ½ Open gym	<u>12:00-3:00</u> ½ Open Gym ½ Pick Up Games	<u>12:00-2:30</u> ½ Open Gym ½ Pick Up Games	<u>12:00-3:00</u> ½ Open Gym ½ Pick Up Games	<u>12:00-2:30</u> ½ Open Gym ½ Pick Up Games	<u>12:00-2:00</u> Adult Basketball	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
<u>2:00-3:30</u> ½ Open Gym ½ Pickleball	<u>3:00-4:00</u> ½ Open Gym ½ Afterschool & Childcare Activities	<u>2:30-4:00</u> ½ Open Gym ½ Pickup Games	<u>3:00-4:00</u> ½ Open Gym ½ Pick Up Games	<u>2:30-4:00</u> ½ Open Gym ½ Pickup Games	<u>2:00-4:00</u> ½ Open Gym ½ Pickup Games	<i>*Beginner Pickleball Lessons Every 3rd Wed of the Month*</i>
<u>3:30-4:00</u> ½ Open Gym ½ Pickup Games	<u>4:00-6:00</u> ½ Open Gym ½ Pick Up Games	<u>4:00-6:00</u> ½ Open Gym ½ Pick Up Games	<u>4:00-6:00</u> ½ Open Gym ½ Pick Up Games	<u>4:00-6:00</u> ½ Open Gym ½ Pickup Games	<u>4:00-6:00</u> ½ Open Gym ½ Pick Up Games	<i>*Preregistration Required for pickleball lessons (by preceding Wed)*</i>
<u>4:00-5:00</u> ½ Open Gym ½ Pickup Games	<u>6:00-10:00</u> City League Volleyball (Starts 9/16)	<u>6:00-10:00</u> ½ Open Gym ½ Pick Up Games	<u>6:00-10:00</u> City League Volleyball (Starts 9/18)	<u>6:00-9:00</u> City League Volleyball (Starts 9/19)	<u>6:00-10:00</u> ½ Open Gym ½ Pick Up Games	<i>*Preregistration is required for Advanced pickleball clinic</i>
<u>5:00-6:00</u> ½ Open Gym ½ Pick Up Games	<u>10:00-11:00</u> ½ Open Gym ½ Pickup Games	<u>10:00-11:00</u> ½ Open Gym ½ Pickup Games	<u>10:00-11:00</u> ½ Open Gym ½ Pickup Games	<u>10:00-11:00</u> ½ Open Gym ½ Pickup Games	<u>10:00-11:00</u> ½ Open Gym ½ Pickup games	