

JANUARY GYM SCHEDULE

GYMNASIUM---SEE BACK SIDE FOR GYM RULES

****YOU MUST WEAR A FACE MASK AT ALL TIMES****

****YOU MUST BRING YOUR OWN BASKETBALL & PICKLEBALL PADDLE****

****ADULT BASKETBALL & OPEN GYM IS FOR INDIVIDUAL SHOOTING ONLY. NO FULL OR 1/2 COURT GAMES****

****WATER FOUNTAINS ARE CLOSED. PLEASE BRING A WATER BOTTLE****

JANUARY GYM CLOSURES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 1ST YMCA Closed NEW YEARS DAY	C	5:00-7:00 Adult Basketball (individual shooting only-no games)	5:00-7:30 Adult Basketball (individual shooting only-no games)	5:00-7:00 Adult Basketball (individual shooting only-no games)	5:00-7:30 Adult Basketball (individual shooting only-no games)	5:00-7:00 Adult Basketball (individual shooting only-no games)	8:00-3:00 Open Gym (individual shooting only-no games)
	L	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	
	O	10:00-11:00 Y Fit	10:00-11:00 ½ Pickleball ½ Open Gym (individual shooting only-no games)	10:00-11:00 Y Fit	10:00-11:00 ½ Pickleball ½ Open Gym (individual shooting only-no games)	10:00-11:00 Y Fit	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
	S	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	
	E	12:00-2:15 Open Gym (individual shooting only-no games)	12:00-2:15 Open Gym (individual shooting only-no games)	12:00-2:15 Open Gym (individual shooting only-no games)	12:00-2:15 Open Gym (individual shooting only-no games)	12:00-2:15 Open Gym (individual shooting only-no games)	
	D	2:15-3:15 After School Child Care Gym Time	2:15-3:15 After School Child Care Gym Time	2:15-3:15 After School Child Care Gym Time	2:15-3:15 After School Child Care Gym Time	2:15-3:15 After School Child Care Gym Time	
		3:15-4:00 Open Gym (individual shooting only-no games)	3:15-4:00 Open Gym (individual shooting only-no games)	3:15-4:00 Open Gym (individual shooting only-no games)	3:15-4:00 Open Gym (individual shooting only-no games)	3:15-4:00 Open Gym (individual shooting only-no games)	
		4:00-7:00 Open Gym (individual shooting only-no games)	4:00-7:00 Open Gym (individual shooting only-no games)	4:00-7:00 Open Gym (individual shooting only-no games)	4:00-7:00 Open Gym (individual shooting only-no games)	4:00-7:00 Open Gym (individual shooting only-no games)	
	<p>Open Gym: Shoot Hoops, Walk , Jog, Stretch, etc. (no side or half court games).</p> <p>Pickleball: This game is for 2-4 players and uses a net and paddles (similar to Tennis)</p> <p>Child Care Activities: Scheduled exercise & activity time for our YMCA Child Care Program</p> <p>Stretch N Flex : Fitness Classe (for more details see monthly fitness schedule)</p>						