

JANUARY 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!**

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

<u>JANUARY</u> <u>GYM CLOSURES</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 1ST YMCA Closed New Years Day	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	8:00-3:00 Youth Basketball League Games(YBL)
JANUARY 8TH Gym Closed 8:00am-3:00pm Youth Basketball League Games		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 Youth Basketball League Games(YBL) (if Nec)
JANUARY 15TH Gym Closed 8:00am-6:00pm Youth Basketball League Games		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
JANUARY 20TH Gym Closed 9:30am-10:50am Pickleball Lesson 1		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	<i>*Pickleball Lesson 1 Every 3rd Thur of the Month*</i>
JANUARY 22ND Gym Closed 8:00am-3:00pm Youth Basketball League Games		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>
JANUARY 27TH Gym Closed 9:30am-10:50am Pickleball Lesson 2		2:30-4:00 Open Gym	2:00-4:00 Open Gym	1:00-2:00 1/2 Open Gym 1/2 SNAP/ Special Olympic (no practice 1st Wed of each month) 2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-4:00 Open Gym	<i>*Preregistration Required for pickleball lessons (by preceding Monday)</i>
JANUARY 29TH Gym Closed 8:00am-3:00pm Youth Basketball League Games		4:00-5:00 1/2 Open Gym 1/2 YBL Practice	4:00-5:00 1/2 Open Gym 1/2 YBL Practice	4:00-5:00 YBL Practice	4:00-5:00 Open Gym	4:00-6:00 1/2 Open Gym 1/2 YBL Practice	
		5:00-7:00 YBL Practice	5:00-6:00 YBL Practice 6:00-7:00 1/2 Open Gym 1/2 YBL Practice	5:00-6:00 YBL Practice 6:00-7:00 YBL Practice	5:00-7:00 1/2 Open Gym 1/2 YBL Practice	6:00-7:00 Open Gym	
		7:00-9:00 Open Gym	7:00-9:00 Open Gym	7:00-9:00 Open Gym	7:00-9:00 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

750 Whipple Street, Prescott, AZ 86301 -- P 928 445 7221 -- F 928 445 5135--www.prescottymca.org