

NOVEMBER 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>NOVEMBER GYM CLOSURES</u> | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-----------------------|---|-------------------------------|--|--|-------------------------------|--|
| | 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 |
| **November 19th** Gym Closed 5:30pm-9:00pm Turkey Shoot | | 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 |
| **November 25th** YMCA Closed Thanksgiving | | 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 |
| **November 30th** Gym Closed 4:30pm-8:00pm 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 | <i>*Pickleball Lesson 1 Every 3rd Thur of the Month*</i> |
| **City League Volleyball Ends November 17th** | | 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> |
| | | 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> |
| | | 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 | |
| | | 4:00-6:00 Open Gym | 4:00-6:00 Open Gym | 4:00-6:00 Open Gym | 4:00-8:00 Open Gym | 4:00-7:00 Open Gym | |
| | | 6:00-9:00 1/2 City League Vball (ends 11/15) 1/2 Open Gym | 6:00-9:00 Open Gym | 6:00-9:00 City League Volleyball (ends 11/17) | 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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