

NOVEMBER 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!**

***SPECIAL THANKS TO DIGNITY HEALTH, YRMC-SIGNATURE SPONSOR OF OUR 44TH ANNUAL WHISKEY ROW MARATHON!**

<u>NOVEMBER GYM CLOSURES</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-2:00 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	8:00-4:00 Open Gym
November 18th Gym Closed 5:30pm-9:00pm Turkey Shoot	2:00-4:00 1/2 Open Gym 1/2 Open Volleyball	7:00-9:50 Pickleball	7:30-10:00 Pickleball	7:00-9:50 Pickleball	7:30-9:30 Pickleball	7:00-9:50 Pickleball	4:00-6:00 Open Gym
November 24th YMCA Closed Thanksgiving		10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	9:30-11:00 Pickleball Lesson 1 (2nd Thur) Pickleball Lesson 2 (3rd Thur) Intermediate Pickleball Lesson (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 29th Gym Closed 4:30pm-8:00pm YBL Tryouts							
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	
City League Volleyball Ends November 21st		12:00-3:30 Open Gym	12:00-2:00 Open Gym	12:00-3:30 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	
		3:30-4:30 1/2 Open Gym 1/2 Itty-Bitty Sports (ends 11/7)	2:00-4:00 Open Gym	3:30-4:30 1/2 Open Gym 1/2 Itty-Bitty Sports (ends 11/9)	2:00-3:00 Open Gym	2:00-4:00 Open Gym 1/2 Adult Basketball	
		4:30-5:00 Open Gym	4:00-5:00 Open Gym	4:30-5:00 Open Gym	3:00-5:00 Open Gym	3:00-5:00 Open Gym	
		5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	5:00-6:00 Open Gym	
		6:00-9:00 1/2 City League Volleyball (ends 11/21) 1/2 Open Gym	6:00-9:00 City League Volleyball (ends 11/15)	6:00-9:00 City League Volleyball (ends 11/16)	6:00-9:00 City League Volleyball (ends 11/17)	6:00-7:00 Open Gym	

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

Open Volleyball: 1/2 Gym available for open Volleyball Play.

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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