



# NOVEMBER SCHEDULE (SEE SIDE BAR FOR CLOSURES)

GYMNASIUM -- SEE BACK SIDE FOR GYM GUIDELINES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**\*SPECIAL THANKS TO DIGNITY HEALTH, YRMC-PRESENTING SPONSOR FOR OUR 45TH ANNUAL WHISKEY ROW MARATHON!**

**\*SPECIAL THANKS TO FOOTHILLS BANK-MAJOR SPONSOR FOR OUR 2023 YOUTH BASKETBALL LEAGUE!**

<b>NOVEMBER GYM CLOSURES</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	9:00-1:30 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	8:00-5:00 Open Gym
<b>**November 17th**</b> Gym Closed 4:30pm-9:00pm Turkey Shoot							
<b>**November 23rd**</b> YMCA Closed Thanksgiving	1:30-3:30 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	5:00-6:00 Open Gym
<b>**November 28th**</b> Gym Closed 4:00pm-8:00pm YBL Tryouts		10:00-11:00 Y Fit	10:00-10:30 Itty-Bitty Basketball (ends 11/07) 10:30-11:00 1/2 Itty-Bitty Basketball 1/2 Childcare Gym Activities	10:00-11:00 Y Fit	9:30-11:00 Pickleball Lesson 1 Pickleball Lesson 2 Pickleball Lesson 2  10:00-11:00 1/2 Open Gym (if no lessons)	10:00-11:00 Y Fit	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
<b>**November 29th**</b> Gym Closed 4:00pm-8:00pm YBL Tryouts		11:00-12:00 Stretch & Flex	11:00-11:30 1/2 Open Gym 1/2 Childcare Gym Activities	11:00-12:00 Stretch & Flex	11:00-12:00 Open Gym	11:00-12:00 Stretch & Flex	**check pickleball registration forms for dates**
<b>**November 30th**</b> Gym Closed 4:00pm-8:00pm YBL Tryouts		12:00-2:00 Open Gym	11:30-2:00 Open Gym	12:00-2:00 Open Gym	12:00-3:00 Open Gym	12:00-2:00 Open Gym	
		2:00-3:30 Open Gym	2:00-3:30 Open Gym	2:00-3:30 Open Gym	3:00-3:30 Open Gym	2:00-3:30 1/2 Open Gym 1/2 Adult Basketball	
		3:30-4:30 1/2 Itty-Bitty Basketball (ends 11/06) 1/2 After School Activities	3:30-5:00 Open Gym	3:30-4:30 Itty-Bitty Basketball (ends 11/08)	3:30-5:00 Open Gym	3:30-4:30 1/2 Open Gym 1/2 After School Activities	
		4:30-8:00 Open Gym	5:00-6:00 Open Gym	4:30-6:00 Open Gym	5:00-6:00 Open Gym	4:30-7:00 Open Gym	
		6:00-9:00 Open Gym	6:00-9:00 City League Volleyball	6:00-9:00 City League Volleyball	6:00-9:00 1/2 City League Volleyball 1/2 Open Gym	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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