

# OCTOBER 12th-31st 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\*\***

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>C</b>		6:00-7:00 Adult Basketball (individual shooting only-no games)	6:00-7:30 Adult Basketball (individual shooting only-no games)	6:00-7:00 Adult Basketball (individual shooting only-no games)	6:00-7:30 Adult Basketball (individual shooting only-no games)	6:00-7:00 Adult Basketball (individual shooting only-no games)	8:00-1:00 Open Gym (individual shooting only-no games)
<b>L</b>		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	
<b>O</b>		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	9:30-10:30 ½ Pickleball ½ Open Gym (individual shooting only-no games)	10:00-11:00 Y Fit	<b>*PLEASE CHECK SIDE BAR FOR GYM CLOSURES</b>
<b>S</b>		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	
<b>E</b>		12:00-2:00 Open Gym (individual shooting only-no games)	12:00-2:00 Open Gym (individual shooting only-no games)	12:00-2:00 Open Gym (individual shooting only-no games)	12:00-2:00 Open Gym (individual shooting only-no games)	12:00-2:00 Open Gym (individual shooting only-no games)	
<b>D</b>		2:00-4:00 ½ Open Gym ½ Child Care Activities	2:00-4:00 ½ Open Gym ½ Child Care Activities	2:00-4:00 ½ Open Gym ½ Child Care Activities	2:00-4:00 ½ Open Gym ½ Child Care Activities	2:00-4:00 ½ Open Gym ½ Child Care Activities	
		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)	

**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)

**Child Care Activities:** Scheduled exercise & activity time for our YMCA Child Care Program

**Stretch N Flex :** Fitness Classe (for more details see monthly fitness schedule)

