

# OCTOBER 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\*\***

<b><u>OCTOBER GYM CLOSURES</u></b>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>**October 7th**</b> Gym Closed 1:00pm-7:00pm WRM Registration/Expo  <b>**October 26th**</b> 1/2 Gym Closed 6:00pm-9:00am Adult 3 on 3 Basketball League Tournament	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
		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
		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	<b>*PLEASE CHECK SIDE BAR FOR GYM CLOSURES</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	
		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 1/2 Open Gym	6:00-9:00 1/2 YMCA Adult 3 on 3 Bball League 1/2 Open Gym	6:00-9:00 City League Volleyball	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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