

SEPTEMBER 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>SEPTEMBER GYM CLOSURES</u>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 6th YMCA Closed For Labor Day	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
September 25th Gym Closed 12:00pm-6:00am Girls & Sports Day		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
YMCA Adult 3 on 3 Basketball League starts Tuesday September 7th		10:00-11:00 Y Fit	10:00-11:00 Itty-Bitty Sports 1/2 Open Gym	10:00-11:00 Y Fit	9:30-10:50 Beginner Pickleball Lessons (3rd Thur) Beg/Intermediate Lessons (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
City League Volleyball begins Monday September 13th		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>*Beginner Pickleball Lessons Every 3rd Thur of the Month*</i>
		12:00-2:30 Open Gym	12:00-2:00 Open Gym	12:00-2:30 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	<i>*Beg/Intermediate Pickleball Lessons Every 4th Thur of the Month*</i>
		2:30-3:30 1/2 Itty-Bitty Sports 1/2 Open Gym	2:00-3:15 Open Gym	2:30-3:30 1/2 Itty-Bitty Sports 1/2 Open Gym	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	3:30-4:00 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 (begins Sept. 13th) 1/2 Open Gym	6:00-9:00 1/2 YMCA Adult 3 on 3 Bball League (begins 9/7) 1/2 Open Gym	6:00-9:00 City League Volleyball (begins Sept. 15th)	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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