

## SEPTEMBER 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!

\*\*YOU MUST BRING YOUR OWN PICKLEBALL PADDLE\*\*

<u>September</u> <b><u>GYM CLOSURES</u></b>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>**September 5th**</b> YMCA Closed For Labor Day	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
	2:00-4:00 1/2 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	4:00-6:00 Open Gym
<b>**September 8th**</b> Gym Closed 9:30am-11:00am Beginner Pickleball Lessons	1/2 Open Volleyball	10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	10:00-11:00 Open Gym	10:00-11:00 Y Fit	<b>*PLEASE CHECK SIDE BAR FOR GYM CLOSURES</b>
<b>**September 15th**</b> Gym Closed 9:30am-11:00am Beg/Inter Pickleball Lessons		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	
		12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	12:00-2:00 Open Gym	
<b>**September 17th**</b> Gym Closed 12:00pm-6:00pm Girls & Sports Day		2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-4:00 Open Gym	2:00-3:00 1/2 Open Gym 1/2 Challenged Athlete Program	2:00-4:00 Open Gym 1/2 Adult Basketball	
		4:00-5:00 Open Gym	4:00-5:00 Open Gym	4:00-5:00 Open Gym	3:00-5:00 Open Gym	3:00-5:00 Open Gym	
<b>**September 22nd**</b> Gym Closed 9:30am-11:00am Intermediate Pickleball Lessons		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 (begins Sept. 12th) 1/2 Open Gym	6:00-9:00 City League Volleyball	6:00-9:00 City League Volleyball	6:00-9:00 City League Volleyball	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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