



SEPTEMBER 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!**

September GYM CLOSURES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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
September 4th YMCA Closed For Labor Day							
September 21st Gym Closed 9:30am-11:00am Pickleball Lesson 1	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
September 28th Gym Closed 9:30am-11:00am Pickleball Lesson 2		10:00-11:00 Y Fit	10:00-10:30 Open Gym 10:30-11:30 1/2 Open Gym 1/2 Childcare Gym Activities	10:00-11:00 Y Fit	9:30-11:00 Pickleball Lesson 1 (3rd Thur) Pickleball Lesson 2 (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
September 30th Gym Closed 11:00am-6:00pm Girls & Sports Day		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	
City League Volleyball begins September 12th		12:00-2:00 Open Gym	12:00-3:00 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	3:00-3:30 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 Open Gym 1/2 After School Activities	3:30-5:00 Open Gym	3:30-5:00 Open Gym	3:30-4:30 1/2 Open Gym 1/2 After School Activities	3:30-5:00 Open Gym	
		4:30-8:00 Open Gym	4:30-8:00 Open Gym	5:00-8:00 Open Gym	4:30-6:00 Open Gym	5:00-7:00 Open Gym	
		6:00-9:00 Open Gym	6:00-9:00 City League Volleyball (begins Sept. 12th)	6:00-9:00 City League Volleyball (begins Sept. 13th)	6:00-9:00 1/2 City League Volleyball (begins Sept. 14th) 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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