

OCTOBER 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
C		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)
L		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	
O		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	*PLEASE CHECK SIDE BAR FOR GYM CLOSURES
S		11:00-2:00 Open Gym (individual shooting only-no games)	11:00-2:00 Open Gym (individual shooting only-no games)	11:00-2:00 Open Gym (individual shooting only-no games)	11:00-2:00 Open Gym (individual shooting only-no games)	11:00-2:00 Open Gym (individual shooting only-no games)	
E		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	
D		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)

