



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GYM SCHEDULE

SPRING 2 SESSION APRIL 16 - JUNE 2

Gym Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN		
6:00-7:00	BOOT CAMP	ADULT OPEN	BOOT CAMP	ADULT OPEN	BOOT CAMP		
7:00-8:00	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN		
8:00-9:00	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	OPEN	
9:00-10:00	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	OPEN	
10:00-11:00	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	Youth Class	OPEN	
11:00-11:30	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	ADULT OPEN	OPEN	
11:30-1:30	Adult B.Ball Pick-up Games	Adult B.Ball Pick-up Games	Adult B.Ball Pick-up Games	Adult B.Ball Pick-up Games	Adult B.Ball Pick-up Games	OPEN	FAMILY OPEN
1:30-2:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FAMILY OPEN
2:30-4:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	FAMILY OPEN
4:00-5:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN 'til 4:45	FAMILY OPEN 'TIL 4:45
5:00-6:00	OPEN	OPEN	OPEN	OPEN	OPEN		
6:00-7:30	CO-ED	OPEN	OPEN	OPEN	OPEN		
7:30-8:00	INTERMED.	OPEN	OPEN	OPEN	OPEN		
8:00-9:00	VOLLEYBALL	ADULT OPEN	ADULT OPEN	ADULT OPEN	OPEN		
9:00-9:15	LEAGUE						

- ~ Sundays Family Open time ... All youth under age 16 are to be accompanied by a parent.
- ~ In the event of an Outdoor Soccer scheduled game cancellation, the Gym will be closed all day Saturday & Sunday.
- ~ The gym closes 15 minutes before building closes.
- ~ The Gym is closed to youth after 8:15pm, M-TH
- ~ Youth won't be allowed in the building until 1:30pm, M-F unless participating in a youth program, or in possession of a Teen Training Pass.

Superior Douglas County Family YMCA

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