



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

FEBRUARY GYM SCHEDULE

SUN	MON	TUES	WED	THUR	FRI	SAT
			5:30-6:45 BOOT CAMP	5:30-6:45 INTERVAL MIX		
	5:30-11:30 ADULT	5:30-9:00 ADULT	6:45-1:30 ADULT	6:45-9:00 ADULT	5:30-10:00 ADULT	8:00-9:30 OPEN GYM
		9:00-11:30 PICKLEBALL &/or ADULT				9:15-10:00 PARENT-CHILD FITNESS CLASS
10:00-5:00 OPEN GYM	11:30-1:30 ADULT B-BALL PICK-UP GAMES	11:30-1:30 ADULT	11:30-1:30 ADULT B-BALL PICK-UP GAMES	11:30-1:30 ADULT	11:30-1:30 ADULT B-BALL PICK-UP GAMES	BEGINS JAN 19
	1:30-5:30 OPEN GYM	1:30-2:30 HOMESCHOOL	1:30-8:45 OPEN GYM	1:30-5:00 OPEN GYM	1:30-6:00 OPEN GYM	1:30-5:00 OPEN GYM
YMCA CLOSSES AT 5:00 PM	5:30-9:00 ADULT VOLLEYBALL LEAGUE	2:30-8:45 OPEN GYM	5:30-6:15 PARENT-CHILD FITNESS CLASS	5:00-8:00 YOUTH BASKETBALL LEAGUE	6:00-9:00 FRIDAY NIGHT HOOPS	YMCA CLOSSES AT 5:00 PM
	BEGINS JAN 21			8:00-8:45 OPEN GYM		

- The gym closes 15 minutes before building closes.
- **PLEASE!** For the safety of all, **NO WET SHOES ON GYM FLOOR.**
- Youth are not allowed in the building until 1:30 on weekdays unless participating in a youth program, or in possession of a Teen Training Pass.
- **- SHADED SECTIONS ARE RESERVED FOR THOSE PARTICIPATING IN THE LISTED EVENT**

Superior Douglas County Family YMCA
 9 N 21st Street, Superior, WI 54880
 715-392-5611
 www.superiorymca.org

Contact **Jon Reimer** at jreimer@superiorymca.org
 for all gym scheduling questions.