



FALL 2010 GYM SCHEDULE

September 7 - October 31



MONDAY

Court A	6:00am - 7:15am	Basic Training	Basic Training	6:00am - 7:15am	Court B
	7:15am - 9:00am	Family Open Gym	Adult Open Basketball	7:15am - 9:00am	
	9:00am - 10:00am	Keeping Fit	Family Open Gym	9:00am - 10:00am	
	10:00am - 11:30pm	Open Gym	Family Open Gym	10:00pm - 11:30pm	
	11:30pm - 12:00pm	Live Y'ers Preschool	Mini Sports (3-5 yr)	12:30pm - 1:15pm	
	12:00pm - 2:30pm	Open Gym	Super Sports (4-6 yr)	1:45pm - 2:30pm	
	2:30pm - 3:00pm	Live Y'ers Preschool	Open Gym	2:30pm - 3:30pm	
	3:00pm - 4:30pm	Open Gym	Super Sports (K-2nd)	3:30pm - 4:15pm	
	4:30pm - 5:30pm	Live Y'ers Afterschool Program	Open Gym	4:15pm - 5:15pm	
	5:30pm - 6:15pm	Open Gym	WSBL Men's Basketball League	5:15pm - 6:15pm	
6:15pm - 10:30pm	WSBL Men's Basketball League	WSBL Men's Basketball League	6:15 pm - 10:30pm		

TUESDAY

Court A	5:45 am - 9:00am	Open Basketball	Adult Open Basketball	5:45 am - 9:00am	Court B
	9:00am - 12:00pm	Open Gym	Open Gym	9:00am - 12:00pm	
	12:00pm - 1:45pm	Open Gym	Open Gym	12:00 pm - 1:45pm	
	1:45pm - 2:30pm	Open Gym	Hoop School (4-6 years)	1:45pm - 2:30pm	
	2:30pm - 3:15pm	Open Gym	Live Y'ers Preschool	2:30pm - 3:15pm	
	3:15pm - 4:00pm	Live Y'ers Afterschool Program	Hoop School (5-7 years)	3:15pm - 4:00pm	
	4:00pm - 5:00pm	Lacrosse (7-10 yrs)	Hoop School (7-9 years)	4:00pm - 5:00pm	
	5:00pm - 6:15pm	Open Gym	Hoop School (7-9 years)	5:00pm - 6:15pm	
	6:15 pm - 10:30 pm	WSBL Men's Basketball League	WSBL Men's Basketball League	6:15 pm - 10:30pm	

WEDNESDAY

Court A	5:45 am - 9:00 am	Adult Open Basketball	Adult Open Basketball	5:45 am - 9:15 am	Court B
	9:00am - 10:00am	Keeping Fit	Family Open Gym	9:15am - 12:30am	
	10:00am - 10:30am	Live Y'ers Preschool	Open Gym	12:30pm - 1:15pm	
	10:30pm - 2:30pm	Open Gym	Open Gym	1:45pm - 2:30pm	
	2:30pm - 3:15pm	Live Y'ers Preschool	Open Gym	2:30pm - 3:30pm	
	3:30pm - 4:15pm	Open Gym	Flag Football (6 & 7 yrs)	3:30pm - 4:15pm	
	4:15pm - 5:30pm	Live Y'ers Afterschool Program	Girls Only Basketball Class	4:30pm - 5:30pm	
	5:30pm - 6:15pm	Open Gym	Open Gym	5:30pm - 6:15pm	
	6:15 pm - 10:30 pm	WSBL Men's Basketball League	WSBL Men's Basketball League	6:15 pm - 10:30pm	

THURSDAY

Court A	6:15am - 7:15am	Basic Training	Basic Training	6:00am - 7:15am	Court B
	7:15am - 9:00am	Adult Open Basketball	Family Open Gym	7:15am - 9:00am	
	9:00am - 10:00am	Zumba	Family Open Gym	9:00am - 10:00am	
	11:30am - 12:15pm	Toddler Tennis (4-6 years)	Live Y'ers Preschool	11:30am - 12:30pm	
	12:15pm - 1:30pm	Open Gym	Open Gym	12:30pm - 1:30pm	
	1:30pm - 2:30pm	Snag Golf (4-6 years)	James Bede Soccer Fun School (4 yrs)	1:45pm - 2:30pm	
	2:30pm - 3:15pm	Live Y'ers Preschool	James Bede Soccer Fun School (5-7 yrs)	2:30pm - 3:15pm	
	3:15pm - 4:30pm	Snag Golf (5-7 years)	James Bede Soccer Fun School (7-9 yrs)	3:15pm - 4:30pm	
	4:30pm - 5:15pm	Live Y'ers Afterschool Program	Open Gym	4:00pm - 5:00pm	
	5:15pm - 6:15pm	Open Gym	Open Gym	5:00pm - 6:15pm	
6:15 pm - 10:00pm	WSBL Men's Basketball League	WSBL Men's Basketball League	6:15 pm - 10:30pm		

FRIDAY

Court A	5:45 am - 9:00am	Adult Open Basketball	Adult Open Basketball	5:45 am - 9:15am	Court B
	9:00 am - 10:00am	Keeping Fit	Live Y'ers Preschool	9:30am - 10:00am	
	10:00am - 1:00 pm	Open Gym	Open Gym	10:00 am - 1:00pm	
	1:00pm - 2:30pm	Open Gym	Prep for Tee Ball (4-5 yrs)	1:45pm - 2:30pm	
	2:30pm - 3:00pm	Live Y'ers Preschool	Prep for Little League (6-8 yrs)	3:30pm - 4:15pm	
	3:00pm - 4:00pm	Open Gym	Prep for Little League Baseball (7-9 yrs)	4:15pm - 5:15pm	
	4:00pm - 5:30pm	Open Gym	Open Gym	5:15pm - 7:30pm	
	5:30pm - 9:50pm	Open Gym	Table Tennis	7:30pm - 9:55pm	

SATURDAY

A	7:00am - 9:00am	Open Gym	Open Gym	7:00am - 9:00am	B
	9:00am - 1:00pm	Open Gym	Open Gym	9:00am - 1:00pm	
	1:00pm - 7:00pm	Open Gym or Sports Birthday Party	Open Gym	1:00pm - 7:00pm	

SUNDAY

A	7:00am - 9:00am	Open Gym	Open Gym	7:00 am - 9:00am	B
	9:00am - 10:30am	Floor Hockey (7-9 yrs)	YBA Fall Basketball Clinics	9:00am - 10:30am	
	11:00am - 1:00pm	Womens Basketball League	Womens Basketball League	11:00am - 1:00pm	
	1:00pm - 5:00pm	Open Gym	Open Gym or Sports Birthday Party	1:00pm - 6:00pm	
	5:00pm - 7:00pm	Open Gym	Softball Clinics	6:00pm - 7:00pm	

Indoor Track Schedule

Track	6:00am - 10:00pm	Indoor Track is Open To All Members & Guests, But Reserved For YMCA Programs During These Times : Mondays 3:30pm - 4:30pm Tuesdays 9:00am - 12:00pm Wednesdays 3:30pm - 4:30pm Thursdays 4:00pm - 5:00pm	6:00am - 10:00pm	Track
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In the case of inclement weather, scheduled outdoor YMCA programs get priority use of the gymnasium

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

■ YMCA Program
 ■ Open Gym
 ■ School Rental
 ■ Drop-In Program
 ■ Sports Program
 ■ Open Gym, If Weather Program as Listed