

Winter Gym Schedule

Runs Dec. 3, 2011 to Feb. 28, 2012

| Day Hours | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | | |
|--------------|--|---------------|----------------------------------|-----------|---------------|---|------------------|---------------------------|--------|---------------------------|---------------------------------------|-----------------|------------|---|----------|-------|
| | A | B | A | B | A | B | A | B | A | B | A | B | A | B | | |
| 5:30 AM | | | | | | | | | | | Y opens at 7:00 AM on Saturday | | | | 5:30 AM | |
| 6:00 | | | | Boot Camp | | | | Boot Camp | | | | | | | 6:00 | |
| 6:30 | | | | Camp | | | | Camp | | | | | | | 6:30 | |
| 7:00 | | | | | | | | | | | | | | | 7:00 | |
| 7:30 | | | | | | | | | | | | | | | 7:30 | |
| 8:00 | | | | | | | | | | | | | | | 8:00 | |
| 8:30 | | | | | | | | | | | | | | | 8:30 | |
| 9:00 | | | | Red | | | | Arts/Sp./Sp. | | Red | | | | | 9:00 | |
| 9:30 | | | Tammy | Oaks* | Tammy | | | Tammy | | Tammy | Oaks* | | | | | 9:30 |
| 10:00 | | | 9:45-10:30 | | 9:45-10:30 | | | 9:45-10:30 | | 9:00-10:45 | | YBA Youth Bball | | | | 10:00 |
| 10:30 | | | | | | | | | | | | | | | 10:30 | |
| 11:00 | | | | | | | | | | | | | | | 11:00 | |
| 11:30 | | | | | | | | | | | | | | | 11:30 | |
| 12:00 | NOON TIME ADULT BASKETBALL 12:00 - 2:00pm Must be at least 21 or older to play | | | | | | | | | | 9:00-3:00 | | | | 12:00 | |
| 12:30 PM | | | | | | | | | | | | | | | 12:30 PM | |
| 1:00 | | | | | | | | | | | | | | | 1:00 | |
| 1:30 | | | | | | | | | | | | | | | 1:30 | |
| 2:00 | | | | | | | | | | | | | Family | | 2:00 | |
| 2:30 | | | | | | | | | | | | | | | 2:30 | |
| 3:00 | | | | | | | | | | | | | | | 3:00 | |
| 3:30 | | | | | | | | | | | | | | | 3:30 | |
| 4:00 | | | | | | | | | | | | | Afternoons | | 4:00 | |
| 4:30 | | | | | | | | | | | | | | | 4:30 | |
| 5:00 | | | | | | | | | | | | | | | 5:00 | |
| 5:30 | | | | | | | | | | | | | | | 5:30 | |
| 6:00 | | | | | | | | | | | | | | | 6:00 | |
| 6:30 | | YBA 6:30-8:00 | Dodgeball/Volleyball 6:30 - 9:30 | | YBA 6:30-8:00 | | Swim Team 5:30-7 | NBL Adult Bball 6:00-9:30 | | YBA Youth Bball 6:30-8:30 | | | | | 6:30 | |
| 7:00 | | | | | | | | | | | | | | | 7:00 | |
| 7:30 | Xtreme 8:00 | | | | | | | | | | | | | | 7:30 | |
| 8:00 | Boot Camp | | | | | | | | | | | | | | 8:00 | |
| 8:30 | | | | | | | | | | | | | | | 8:30 | |
| 9:00 | | | | | | | | | | | | | | | 9:00 | |
| 9:30 | | | | | | | | | | | | | | | 9:30 | |
| 10:00 | Y CLOSING AT 9:45 P.M. MONDAY-FRIDAY | | | | | | | | | | | | | | 10:00 | |

Call ahead for open gym time, as gym may be used for personal training

Gym schedule subject to change
Shaded areas indicate Open Gym