



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

NORTHWEST YMCA

January 14th – April 6th



Gym Schedule
SPRING 2019
Sports Practices begin January 14th, games begin January 26th.

Single activities are often scheduled in this gym at a time.

Gym Rules and Tips
NO FOOD OR DRINK IS ALLOWED IN THE GYM EXCEPT WATER.

Respectful behavior and sportsmanship is required always.

Staff may ask any member or participant to vacate the gym at any time, for any reason.

Please allow time for activities to finish before entering and playing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-7:00am Pick-Up Basketball	5:00-9:30am OPEN GYM	5:00-7:00am Pick-Up Basketball	5:00-8:00am OPEN GYM	5:00-7:00am Pick-Up Basketball	CLOSED	CLOSED
				8:00-9:30 Pickle Ball			
	7:00-1:00pm OPEN GYM	9:30-1:00pm Silver Sneakers Classes	7:00-1:00pm OPEN GYM	9:30-1:00pm Silver Sneakers Classes	7:00-1:00pm OPEN GYM		10:00am-12:00pm Adult Pick-Up Basketball
	1:00-3:30 Pickle Ball	1:00-4:00 OPEN GYM	1:00-3:30 Pickle Ball	1:00-4:00 OPEN GYM	1:00-3:30 Pickle Ball	6:00am-7:00pm Youth Sports Games	12:00-2:15 OPEN GYM
	4:00-9:00 Sports Practice	4:00-7:00 Sports Practice	4:00-9:00 Sports Practice	5:00-7:00 AYC Activities ½ Court	4:00-8:00 Sports Practice		2:15-4:30 Pickle Ball
		7:00-9:00 Adult Pick-Up Basketball	8:00-9:00 Adult Volleyball ½ Court	4:00-9:00 Sports Practice ½ Court			
	Closed @ 9:00pm	Closed @ 9:00pm	Closed @ 9:00pm	Closed @ 9:00pm	Closed @ 8:00pm	Closed @ 7:00pm	Closed @ 5:00pm