

GYMNASIUM #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES AND PROGRAMS							
5	Open Basketball 5:00-8:00	Open Basketball 5:00-8:00	Open Basketball 5:00-8:00	Open Basketball 5:00-8:00	Open Basketball 5:00-8:00		
9						Youth Sports League * \$ 9:00-12:00 <i>(If space required due to size of league)</i>	
10		Itty Bitty Sports * \$ 10:00-11:00		Itty Bitty Sports * \$ 10:00-11:00			18+ Volleyball 10:00-12:00
AFTERNOON CLASSES AND PROGRAMS							
12	18+ Open Basketball 12:00-2:00	18+ Open Basketball 12:00-2:00	18+ Open Basketball 12:00-2:00	18+ Open Basketball 12:00-2:00	18+ Open Basketball 12:00-2:00		Family Volleyball 12:00-2:00
2		Home Zone * \$ 2:00-4:00			Home Zone * \$ 2:00-4:00	12-18 Basketball 2:00-4:00	12-18 Volleyball 2:00-4:00
EVENING CLASSES AND PROGRAMS							
4					12-18 Pick Up Basketball 4:00-6:00		
	Itty Bitty Sports * \$ 4:30-6:00	After The Bell * \$ 4:30-5:15	Itty Bitty Sports * \$ 4:30-6:00	After The Bell * \$ 4:30-5:15			
5					12-18 Volleyball 5:30-7:30		
6	35+ Pick Up Basketball 6:30-8:00		18+ Pick Up Basketball 7:00-9:30	18+ Intermediate Volleyball 7:30-9:30	Beginner Volleyball 6:30-9:00		
7		11-18 Dodgeball 7:00-8:00					
8	18+ Pick Up Basketball 8:00-9:30	18+ Pick Up Basketball 8:00-9:30					

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice when necessary.
Please see Cycling, Group Wellness, and Aquatics for other fitness programs. * See program flyer for more information \$ Fee-based program

Updated 11/9/09

**COAL CREEK FAMILY YMCA
NOVEMBER SCHEDULE**

