



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYMNASIUM

Room Schedule for OCTOBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
MORNING CLASSES														
Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-9:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Closed				
Zumba 9:45-10:45am Christina		Open Gym (All Ages) 9:30-10:15am	Turbo Kick 9:15-10:15am Jana	Open Gym (All Ages) 9:45-12pm	Open Gym (All Ages) 6:45am-10:30pm		Zumba 9:45-10:45am Rachel		Open Gym (All Ages) 9:30-12pm	Zumba Gold 9:30-10:25am Diana	Zumba 9:30-10:30am Christina		Badminton (All Ages) 7:30-12:30pm	Pickleball (All Ages) 7:30-11:30am
Open Gym (All Ages) 11-12pm	Zumba Gold 11-11:55am Diana	Zumba 10:30-11:30am Rachel			Core Strength 10:45-11:15am Tim	Adult Basketball (16+) 11-12pm	YMCA Program** 11-12pm	Open Gym (All Ages) 10:30-12pm	Open Gym (All Ages) 10:45-12pm	Open Gym (All Ages) 10:45-12pm	Thriller 11:45am-1:15pm			
AFTERNOON/EVENING CLASSES														
Open Gym (All Ages) 12-6pm	Open Gym 12-4:45pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-5:45pm	Open Gym (All Ages) 12-7:15pm	Open Gym (All Ages) 12-4:15pm	YMCA Program** 4:30-6pm	Open Gym (All Ages) 12-10pm	Open Gym (All Ages) 12-6:30pm	Open Gym (All Ages) 12-10pm	Open Gym (All Ages) 12-2:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 1-6pm	Open Gym (All Ages) 1:30-6pm
YMCA Program** 4:45-6pm		YMCA Program** 6-7pm			Adult Basketball (16+) 6:15-10pm					Open Gym (All Ages) 12-10pm	Reserved for YMCA program on 10/6 1-2pm 10/13 1-1:30pm	Badminton (All Ages) 4-5:45pm		
Adult Basketball (16+) 6:15-10pm	Teen Basketball (14+) 6:15-10pm	Badminton (All Ages) 6:15-9:30pm	YMCA Program** 6-7pm	Adult Basketball (16+) 7:30-10pm	Adult Basketball (16+) 6:15-10pm	Adult Volleyball (16+) 7-9:30pm	Open Gym (Teen 11-16) 2:30-10pm	Adult Badminton (16+) 6-7:30pm	Volleyball (All Ages) 6-7:30pm	Closed				

**YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.

Updated 10/8/2017

COMING THIS MONTH

FAMILY FUN NIGHT: BOO BASH!
Friday Oct 13, 6-8:30pm
Our most popular family night of the year returns with Halloween-themed activities, inflatables, Monster Mash Dance, and more...

DATE NIGHT DINNER
Friday Oct 6, 6-8:30pm
Bring your sweet heart, your best friend or come as a single for a fun and delicious evening of hands-on cooking! Learn tips & technique while building confidence in the kitchen.

INTRODUCTION TO BASKETBALL
Tuesday Oct 3, 5:30-7:30pm
A great way for adults to try something new at the Y! Gain basic understanding of foundation skills in basketball. Other sport classes include badminton, pickleball, and volleyball.