



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA GYM AT CENTRAL WASHINGTON UNIVERSITY

Room Schedule for FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Closed	AOA Mat Pilates 1pm-1:45pm Karen	Closed	AOA Chair Yoga 1pm-1:45pm Elaine <i>* Class will not be held 2/15</i>	Closed	YMCA Programming Skills & Drills Youth Basketball 9am-11am <i>* Class will not be held 2/17</i>	Closed
	AOA Strength 2pm-2:45pm Jennifer	Teen Open Gym 1:30pm-2:45pm Taylor	AOA Yoga for Healthy Back 2pm-2:45pm Elaine <i>*Class will not be held 2/15</i>			
Teen Yoga 3pm-3:45pm Grace	Teen Open Gym 3pm-3:45pm Taylor	Teen Meditation 3pm-3:45pm Grace	Teen Open Gym 3pm-4:30pm Taylor <i>*Class will not be held 2/15</i>			
Community Partner 4pm-5:30pm	Adult 3v3 Basketball Tournament 5:30pm-7:30pm <i>* Starts 2/20</i>	Community Partner 4pm-5:30pm	YMCA Programming Skills & Drills Youth Basketball 5pm-7:30pm <i>*Class will not be held 2/15 & 2/22</i>			
Community Partner 6pm-8pm		Open Gym 6pm-7:30pm	Community Partner 6pm-8pm			
Closed	Adult Badminton 7:30pm-10pm	Adult Basketball 7:30pm-10pm	Adult Badminton 7:30pm-10pm	Closed		

COMING THIS MONTH

SALSA NIGHT
Saturday Feb 10, 6pm-7:30pm
Come join us for a night of salsa dancing! Steve and Jessica have been dancing together for 16 years and will be teaching basic salsa moves for new dancers. No experience required!

PARENTS' NIGHT OUT PLUS - MINION MADNESS
Saturday Feb 17, 5:30pm-9:30pm
Give yourself some TLC while your kids play and learn alongside their peers!

SKILLS & DRILLS: BASKETBALL
Saturday Feb 24, 9:45am-10:45am
This class will focus on the development of fundamentals. It will allow players to learn new skills, develop sportsmanship, and learn the rules of the game.