



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYMNASIUM

Room Schedule for MARCH 2018

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			
			Open Gym (All Ages) 6:45-9:00am		Open Gym (All Ages) 6:45-9:30am		Adult Pickleball (16+) 6:45-9:30am		Adult Badminton (16+) 7-9:15am	Open Gym (All Ages) 7-9:15am	Adult Basketball (16+) 7-9:15am		
Zumba 9:45-10:45am Christina		Open Gym (All Ages) 9:30-10:15am	Turbo Kick 9:30-10:20am Jana	Zumba 9:45-10:45am Jessica		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	Open Pickleball (All Ages) 7:30-12:30pm
Open Gym (All Ages) 11-12pm	Zumba Gold 11-11:55am Diana	Zumba 10:30-11:30am Rachel		Open Gym (All Ages) 10:45-12pm	Core Strength 10:45-11:15am Tim	Adult Basketball (16+) 11-12pm	Open Gym (All Ages) 11-12pm		Open Gym (All Ages) 10:30-12pm	Open Gym (All Ages) 10:45-12pm	Open Gym (All Ages) 10:45-12pm		
AFTERNOON/EVENING CLASSES													
Open Gym (All Ages) 12-4pm	Open Gym 12-5pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-7pm	Open Gym (All Ages) 12-7:15pm	Open Gym (All Ages) 12-2pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-6pm	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** Kids U 4-6pm									YMCA Program** Kids U 2-4pm				
Adult Basketball (16+) 6:15-10pm	Teen Basketball (14+) 5:15-10pm	Badminton (All Ages) 6:15-9:30pm	Teen Basketball (14+) 7:15-10pm	Adult Basketball (16+) 7:30-10pm	Adult Basketball (16+) 6:45-10pm	Adult Volleyball (16+) 8:30-9:30pm	Adult Volleyball (16+) 7:45-9:30pm	Open Gym (All Ages) 12-10pm	Open Gym (Teen 11-16) 2:30-10pm	Adult Badminton (16+) 6-7:30pm	Open Volleyball (All Ages) 6-7:30pm	Closed	

COMING THIS MONTH

PARENT/CHILD SKILLS & DRILLS BASKETBALL
Wednesdays, starting Mar 7, 4pm-4:30pm
Children learn basic skills to help develop hand-eye and foot coordination as well as skill development and team work.
Adult participation is required.

AOA DAY TRIP: NISQUALLY NATIONAL WILDLIFE REFUGE
Friday Mar 23, 11am -3pm

FAMILY SNOWSHOE
Saturday Mar 17, 11am -3pm
Come and enjoy the snow in the beautiful Cascades this winter! We provide snowshoes, transportation and staff to guide you on your adventure into the mountains.

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