

# GYM A

## North Area Family YMCA

## JULY & AUGUST 2010

See Reverse Side for Gym B Schedule

Revised 7-15-10 (Wed-PC Gym extend to 12:30)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5:30	During Special Events, the Gym may be closed - We try to post these times in advance.	<b>OPEN</b> (all ages)	<b>OPEN</b> (all ages)	<b>OPEN</b> (all ages)	<b>OPEN</b> (all ages)	<b>OPEN</b> (all ages)	<b>OPEN</b> (all ages)	5:30	
6:00		5:30 - 7:30	5:30 - 9:00	5:30 - 7:30	5:30 - 9:00	5:30 - 7:30	5:30 - 8:30	5:30 - 8:00	6:00
6:30		<b>AOA Walk</b> 7:30 - 8:30		7:30 - 8:30		<b>AOA Walk</b> 7:30 - 8:30			7:30 - 8:30
7:00		<b>OPEN</b> (all ages) 8:00 - 1:20	<b>OPEN</b>	5:30 - 9:00	<b>OPEN</b>	5:30 - 9:00	<b>OPEN</b>	Adult Fl. Hockey 8:00 - 10:00	8:00
7:30		<b>OPEN Kids Gym</b> (ages 7 & under) 9:00 - 10:30	<b>OPEN Kids Gym</b> (ages 7 & under) 9:00 - 10:30		<b>OPEN Kids Gym</b> (ages 7 & under) 9:00 - 10:30		<b>OPEN Kids Gym</b> (ages 7 & under) 9:00 - 10:30		<b>OPEN Kids Gym</b> (ages 7 & under) 9:00 - 10:30
8:00		Adult Competitive Basketball 1:20 - 10:00 pm	<b>OPEN</b> 10:30 - 3:30	<b>P/C GYM</b> 10:30 - 11:30	<b>P/C GYM</b> 10:30 - 12:30	<b>P/C GYM</b> 10:30 - 12:30	<b>OPEN</b> (all ages) 10:30 - 3:30	Adult Badminton 10:00 - 12:00	9:00
8:30			<b>OPEN</b> (all ages) 11:30 - 3:30	<b>OPEN</b> (all ages) 11:30 - 3:30	<b>OPEN</b> (all ages) 11:30 - 3:30	<b>OPEN</b> (all ages) 12:30 - 3:30			<b>OPEN</b> (all ages) 12:30 - 3:30
9:00							<b>OPEN</b> (all ages) 12:00 - 3:00	10:00	
9:30			<b>Y-Kids, Inc.</b> 3:30 - 4:30	<b>Y-Kids, Inc.</b> 3:30 - 4:30	<b>Y-Kids, Inc.</b> 3:30 - 4:30	<b>Y-Kids, Inc.</b> 3:30 - 4:30	<b>Y-Kids, Inc.</b> 3:30 - 4:30	AAU Basketball Practice 3-5 pm	10:30
10:00			<b>OPEN Kids Gym</b> (ages 7 & under) 4:30 - 6:30	<b>OPEN Kids Gym</b> (ages 7 & under) 4:30 - 6:00	<b>OPEN Kids Gym</b> (ages 7 & under) 4:30 - 6:00	<b>OPEN Kids Gym</b> (ages 7 & under) 4:30 - 6:00	<b>OPEN</b> (all ages)		11:00
10:30	<b>OPEN</b> (all ages) 6:30 - 8:30		<b>OPEN</b> (all ages) 6:00 - 6:45 <b>Jump Start</b> 6:45 - 7:30	<b>OPEN</b> (all ages) 6:00 - 7:00	Member Basketball 6:00 - 10:00	Pick Up - 3 on 3 Games 4:30 - 8:30 No Full Court Games	Pick Up - 3 on 3 Games 4:30 - 8:30 No Full Court Games	<b>OPEN</b> (all ages) 5:00 - 6:00 (all ages)	11:30
11:00	<b>OPEN</b> (ages 18+) 8:30 - 10:00		Pick Up - 3 on 3 Games 7:30 - 10:00	Teen Basketball League 7:00-10:00					12:00
11:30	Summer Weekend Hours July 3 - Sept. 10 Sat. 6 am - 6 pm Sun. 8 am - 5 pm		<b>OPEN</b> (ages 18+) 8:30 - 10:00	Pick Up - 3 on 3 Games 7:30 - 10:00	Teen Basketball League 7:00-10:00	Member Basketball 6:00 - 10:00	Pick Up - 3 on 3 Games 4:30 - 8:30 No Full Court Games	Pick Up - 3 on 3 Games 4:30 - 8:30 No Full Court Games	1:00
1:00									1:30
1:30									2:00
2:00		2:30							
2:30		3:00							
3:00		3:30							
3:30		4:00							
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4:30		5:00							
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6:00	6:15								
6:15	6:30								
6:30	6:45								
6:45	7:00								
7:00	7:30								
7:30	8:00								
8:00	8:15								
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