



We build strong kids, strong families, strong communities.

NORTH GYM SCHEDULE FALL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-2:15pm OPEN GYM	6:00am-2:15pm OPEN GYM	6:00am-2:15pm OPEN GYM	6:00am-2:15pm OPEN GYM	6:00am-2:15pm OPEN GYM	7:30-9:00am OPEN GYM	12:00-7:00pm OPEN GYM
2:15-5:30pm AFTERSCHOOL	2:15-5:30pm AFTERSCHOOL	2:15-5:30pm AFTERSCHOOL	2:15-5:30pm AFTERSCHOOL	2:15-5:30pm AFTERSCHOOL	10:00am-1:00pm YOUTH SPORTS	
5:30-9:00pm OPEN GYM	5:30-9:00pm OPEN GYM	5:30 - 9:00pm OPEN GYM	5:30-9:00pm OPEN GYM	5:30-9:00pm OPEN GYM	1:00-9:00pm OPEN GYM	



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SOUTH GYM SCHEDULE FALL 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am-9:00pm OPEN GYM	6:15am-9:00pm OPEN GYM	6:15am-9:00pm OPEN GYM	6:15am-9:00pm OPEN GYM	6:15am-9:00pm OPEN GYM	7:30-9:00am OPEN GYM	12:00-7:00pm OPEN GYM
					10:00am-1:00pm YOUTH SPORTS	
					1:00-9:00pm OPEN GYM	

Please read and follow the Gym rules and regulations and code of conduct listed on the policy and guidelines brochure. On occasion the gym will be closed for special YMCA events. 13 1/2 laps equals one mile.