

YMCA WELLNESS CENTER FRONT ROOM

Weekly Schedule for January 16 - February 7, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8am - 8:00pm Fitness Coaching and orientations Monday - Friday 8am - 3:00pm Adult Use Mon. - Friday (social hrs. coffee / tea)					8:00-12:00pm Fitness Coaching Orientations Adult use
12:30 - 2:00pm Fitness coaching Orientations Adult use		10:15 - 12:00pm Sit & Knit	10:15 - 12:00pm Game Day	12:15 & 6:00 pm Jump Start		9:00 - 2:00noon Adult use with children
2:00 - 5:00pm Rentals Workshops Special Events	3:00 - 6:00pm Adults with children: Reading / Homework time (children must be under direct supervision by an adult)			12:15 & 6:00 pm Jump Start		2:00 - 5:00pm Rentals Workshops Special Events
5:00 - 6:00pm Adult use	6:00 - 8:30pm Adult Use or scheduled workshops, fitness coaching			12:15 & 6:00 pm Jump Start		5:00 - 8:30 pm Adult use

YMCA WELLNESS CENTER CLASSROOM

Weekly Schedule January 16 - February 7, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00 - 5:00pm Rentals Workshops Special Events	4:00-4:45pm Afterschool Homework Club					2:00 - 5:00pm Rentals Workshops Special Events
	5:00- 6:00pm Intro to Youth Karate		5:00-6:00pm Youth Karate	6:00 - 7:00pm Jump Start	5:00 - 6:00pm Youth Karate	
	6:30-7:30pm Adult Karate	6:30 - 7:30pm Tri Class 2/9 - 4/ 27	6:30 - 7:30pm Adult Karate			