

GYM A NORTH AREA FAMILY YMCA

19WIN 1/7/2019-2/16/2019

See Reverse Side for Gym B Schedule

315-451-2562

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00		OPEN 5:30-7:30		OPEN 5:30-7:30	Y FIT 5:45-8:00	OPEN 5:30-7:30	OPEN 6:00-7:00
6:30			OPEN 8:00-9:30				
7:00		OPEN for walkers 7:30-8:30		OPEN for walkers 7:30-8:30		OPEN for walkers 7:30-8:30	Adult Floor Hockey 7:00-8:30
7:30					OPEN 8:00-9:30		
8:00		OPEN 8:30-9:30		OPEN 8:30-9:30		OPEN 8:30-9:30	
8:30	OPEN Adult Pick-Up ages 18+ 8:00-11:00		OPEN KIDS GYM 9:30-10:30 ages 7 & under				
9:00			Parent Child Gym 10:30 - 11:30				Youth Soccer League 8:45-12:00
9:30							
10:00							
10:30							
11:00	Pick-up Badminton 11:00-1:00	Kinder Sports 11:30-12:30	Kinder Sports 11:30-12:30	Parent Child Gym to 12:30	Parent Child Gym to 12:30		
11:30							
12:00							
12:30							
1:00							
1:30		OPEN 12:30-3:30	50+ Basketball Pick Up 12:30-3:30	Homeschool 12:30-2:45	OPEN 12:30-3:30	OPEN 10:30-3:30	OPEN 12:00-6:00
2:00							
2:30							
3:00	OPEN 1:00-4:00						
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

The gym may have limited availability during school holidays and snow days to accommodate school age child care.

GYM A & B closed for floor cleaning every Thursday 5:30-5:45pm

rev. 1.4.2019

GYM B NORTH AREA FAMILY YMCA

19WIN 1/7/2019-2/16/2019

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315-451-2562

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00		OPEN 5:30-7:30		OPEN 5:30-7:30		OPEN 5:30-7:30	
6:30							OPEN 6:00-7:00
7:00			OPEN 5:30-9:00		OPEN 5:30-9:00		
7:30		OPEN for walkers 7:30-8:30		OPEN for walkers 7:30-8:30		OPEN for walkers 7:30-8:30	Adult Floor Hockey 7:00-8:30
8:00							
8:30	OPEN Adult Pick-Up ages 18+ 8:00-11:00	OPEN 8:30-9:00		OPEN 8:30-9:00		OPEN 8:30-9:00	
9:00		Sweetheart 9:00-10:30				Sweetheart 9-9:30	
9:30		Parent Child Gym 10:30-11:30				Sweetheart Kindersports 9:30-11:30	Youth Soccer League 8:45-12:00
10:00							
10:30	OPEN Family Shoot Around 11:00-1:00			Parent Child Gym to 12:30	Parent Child Gym to 12:30		
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30	OPEN 1:00-4:00	OPEN 11:30-5:45		OPEN 12:30-6:00	OPEN 12:30-6:00		OPEN 12:00-6:00
3:00			OPEN 11:30-8:00			OPEN 11:30-8:00	
3:30							
4:00							
4:30							
5:00							
5:30	Competitive Basketball 4:00-8:00						
6:00		1/14-2/25 no class on 2/18 Kids Boot Camp 5:45-6:45		OPEN 6:00-7:00		2/8 Daddy Daughter Snowball 3:00-9:00pm	Rollerskating Party 1/19 6:00-8:00
6:30							
7:00		Basketball Academy 7:00-8:00		Disc Golf 7:00-9:00	Member Basketball League 6:00-10:00 register at Member Services		
7:30							
8:00							
8:30		OPEN 8:00-10:00 ages 18+	OPEN 8:00-10:00	Open 9:00-10:00		OPEN 8:00-10:00 ages 18+	FFN 6:00-8:00 1/19 & 2/16
9:00							
9:30							
10:00							

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