



GYM SCHEDULE

SPRING 1 FEBRUARY 25 - APRIL 21

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
5:00am	Open Gym 5:00-10:00am	Open Gym 5:00-8:30am	Open Gym 5:00-11:00am	Open Gym 5:00-8:30am	Open Gym 5:00-9:00am	Open Gym 6:00-8:00am	Facility Opens @ 7:00 am Open Gym 7:00-8:00am	5:00am						
5:30am								5:30am						
6:00am								6:00am						
6:30am								6:30am						
7:00am								7:00am						
7:30am								7:30am						
8:00am								8:00am						
8:30am								8:30am						
9:00am								9:00am						
9:30am	9:30am													
10:00am	Stretch & Balance 10:00-11:00am	Class Academy 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Class Academy 1/2 8:30-2:00pm	Homeschool 9:00am-11:00am	YBL 8:00-11:00am	Men's Basketball League 8:00-1:30pm	10:00am						
10:30am	Open Gym 1/2 10:00-11:00am							Open Gym 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm	10:30am		
11:00am	Senior Fitness 11:00-12:00pm							Lunch Break Basketball 12:00-2:00pm	Lunch Break Basketball 12:00-2:00pm	Lunch Break 12:00-2:00pm	Kidsafe Karate 1/2 11:00-2:00pm	Open Gym 1/2 11:00-4:00pm	Open Gym 1:30-2:00pm	11:00am
11:30am														11:30am
12:00pm														12:00pm
12:30pm	Lunch Break Basketball 12:00-2:00pm							Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-5:30pm	Birthday Party 1/2 2:00-4:00pm	Open Gym 1/2 2:00-4:00pm	12:30pm
1:00pm														1:00pm
1:30pm														1:30pm
2:00pm	Open Gym 2:00-5:00pm							Youth Sports 1/2 4:00-6:00pm	Youth Sports 1/2 4:00-7:00pm	Youth Sports 1/2 4:00-7:00pm	Youth Sports 1/2 4:00-7:00pm	Open Gym 4:00-5:00pm	Open Gym 4:00-6:00pm	2:00pm
2:30pm		Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	2:30pm							
3:00pm		3:00pm												
3:30pm		3:30pm												
4:00pm		Youth Sports 1/2 4:00-6:00pm	Open Gym 1/2 4:00-6:00pm	Youth Sports 1/2 4:00-7:00pm	Open Gym 1/2 4:00-7:00pm	Open Gym 1/2 4:00-7:00pm	Open Gym 4:00-5:00pm	Open Gym 4:00-6:00pm	4:00pm					
4:30pm									4:30pm					
5:00pm									5:00pm					
5:30pm		Lawyers League Basketball 5:00-10:00pm	Mid Monmouth Basketball 6:00-8:30pm	Open Gym 7:00-10:00pm	Intermediate Volleyball 7:00-10:00pm	Open Gym 7:30-10:00pm	Open Gym 1/2 5:30-7:30pm	Open Gym 1/2 5:00-7:00pm	5:30pm					
6:00pm									6:00pm					
6:30pm	6:30pm													
7:00pm	Open Gym 7:00-8:00pm		Open Gym 8:30-10:00pm	Open Gym 7:00-10:00pm	Open Gym 7:00-10:00pm	Open Gym 7:00-8:00pm	Open Gym 7:00-8:00pm	Facility Closes @ 6:00pm	7:00pm					
7:30pm									7:30pm					
8:00pm									8:00pm					
8:30pm	Open Gym 8:30-10:00pm		Open Gym 8:30-10:00pm	Open Gym 8:30-10:00pm	Open Gym 8:30-10:00pm	Open Gym 8:30-10:00pm	Open Gym 8:30-10:00pm	Facility Closes @ 8:00pm	8:30pm					
9:00pm									9:00pm					
9:30pm									9:30pm					
9:45pm	9:45pm													
10:00pm	10:00pm													

The YMCA reserves the right to make changes at any time. Schedules are also available at TheCommunityYMCA.org.