



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE - WINTER I SESSION

JAN 2 -FEB 24, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	6 AM - 9 AM Adult Rec. Basketball		6:15 AM - 7 AM Train Like An Athlete	6 AM - 9 AM Adult Rec. Basketball			
7 AM			7 AM-9 AM Adult Rec. Basketball				
8 AM			9:10 AM-9:40 AM UPK				8 AM- 9:45 AM Adult Rec. Basketball
9 AM						8 AM-10:45 AM Adult Rec. Basketball	10-10:50 AM Boot Camp
10 AM	10 AM-11 AM Adult Rec. Basketball	10 AM-11 AM Zumba Gold	10:30 AM-11:30 AM Silver Sneakers Classic				
11 AM				10:30 AM-11:30 AM Silver Sneakers Classic			
12 PM	11:30 AM-12:30 PM Silver Sneakers Classic			10 AM-2 PM Adult Rec. Basketball		11 AM- 11:45 AM Total Body Conditioning	11 AM-11:50 AM Wukkout
1 PM	12:45 PM -2 PM Adult Rec. Basketball	11:15 AM-2 PM Adult Rec. Basketball	11:45 AM-2 PM Adult Rec. Basketball			11:45 AM-2 PM Adult Rec. Basketball	12 PM-1 PM Adult Rec. Basketball
2 PM						12 PM-12:50 PM Fit Kids **	1 PM-2:15 PM Teen Rec. Basketball
			2-2:30 PM UPK (1/2 court)			1 PM-1:50 PM Karate **	
3 PM			2-2:45 PM Adult Rec. Basketball (1/2 court)				
	3:15 PM-3:45 PM Clubhouse** (1/2 court)	3 PM-3:30 PM Pee Wee Sports** (3-4 yrs.)	3:15 PM-3:45 PM Clubhouse** (1/2 court)	3 PM-3:30 PM Pee Wee Sports** (3-4 yrs.)	3:15 PM-3:45 PM Clubhouse** (1/2 court)	2 PM-5 PM Family Rec. Basketball (1/2 court)	2:30 PM-3:50 PM Gymnastics ** Ages 5-9yrs
	3:15 PM-3:45 PM Teen Rec. Basketball (1/2 court)	3:30 PM-4 PM Clubhouse Sports**	3:15 PM-3:45 PM Teen Rec. Basketball (1/2 court)	3:30 PM-4 PM Clubhouse Sports**	3:15 PM-4 PM Teen Rec. Basketball (1/2 court)		
4 PM		4 PM-4:50 PM Soccer ** (5-7 yrs.)		4 PM-4:50 PM Basketball ** (5-7 yrs.)		2 PM-5 PM Teen Rec. Basketball (1/2 court)	4:00 PM-5:20 PM Gymnastics ** Ages 10-14yrs
5 PM	4 PM-5:55 PM Teen Rec. Basketball	5 PM-5:50 PM Soccer ** (8-11 yrs.)	4 PM-5:55 PM Teen Rec. Basketball	5 PM-5:50 PM Basketball ** (8-11 yrs.)	4 PM-5:55 PM Teen Rec. Basketball		
6 PM	6:15 PM-7 PM Train Like An Athlete	6:15 PM-7 PM Boot Camp	6:15 PM-6:45 PM Core Conditioning (Abs)			5:15 PM-7:45 PM Adult Rec. Basketball	5:30 PM-7:45 PM Adult Rec. Basketball
7 PM	7:15 PM- 8 PM Zumba		7 PM- 7:45 PM Zumba	6:15 PM-9:45 PM Adult Rec. Basketball			
8 PM		7 PM-9:45 PM Adult Rec. Basketball					
9 PM	8 PM-9:45 PM Adult Rec. Basketball		8 PM-9:45 PM Adult Rec. Basketball			8 PM-11 PM Teen Center Ages 11- 18yrs	

Adult Recreational Basketball is open to all adults 18 years and up. Teen Recreational Basketball is open to teens 12 - 17 years.
Family Recreational Basketball is open to family groups of all ages; adults should come with a youth, youth should come with an adult.
** Registration required prior to attending

Basketballs can be borrowed from the front desk. Schedule is subject to change.

Where There's A Y There's A Way

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