





















# GYM A SCHEDULE (EFFECTIVE 2/1/2019)














































\*Schedule subject to change, please visit [ymcanc.org/mcburney](http://ymcanc.org/mcburney)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED		
6:00 AM	6:00 AM - 9:45 AM Full Court Basketball 	6:00 AM - 9:15 AM Full Court Basketball 	6:00 AM - 9:45 AM Full Court Basketball 	6:00 AM - 9:15 AM Full Court Basketball 	6:00 AM - 9:45 AM Full Court Basketball 			7:00 AM - 9:30 AM Half Court Basketball 	7:00 AM - 9:30 AM Full Court Basketball 
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM	9:45 AM - 10:45 AM OPEN GYM	9:15 AM - 10:45 AM OPEN GYM	9:45 AM - 2:00 PM OPEN GYM	9:15 AM - 10:45 AM OPEN GYM	9:45 AM - 10:45 AM OPEN GYM	9:30 AM - 10:30 AM OPEN GYM	9:30 AM - 11:30 AM Handball		
9:00 AM									
9:30 AM	10:45 AM - 12:00 PM Alt School PE	10:45 AM - 12:00 PM Alt School PE	9:45 AM - 2:00 PM OPEN GYM	10:45 AM - 12:00 PM Alt School PE	10:45 AM - 12:00 PM Alt School PE	10:30 AM - 12:00 PM Instructional Basketball	12:00 PM - 1:00 PM OPEN GYM		
10:00 AM									
10:30 AM	12:00 PM - 2:00 PM OPEN GYM	12:00 PM - 3:45 PM OPEN GYM	2:00 PM - 6:00 PM Paddle Ball	12:00 PM - 3:30 PM OPEN GYM	12:00 PM - 4:00 PM OPEN GYM	1:00 PM - 6:00 PM Paddle Ball	11:30 AM - 3:30 PM Paddle Ball/Racquetball 		
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM	2:00 PM - 6:00 PM Paddle Ball	3:45 PM - 5:00 PM WIHS Y-Games (Full Court)	2:00 PM - 6:00 PM Paddle Ball	3:30 PM - 5:00 PM Y Afterschool	4:00 PM - 6:00 PM Instructional Basketball (Full Court)	3:30 PM - 5:30 PM Birthday Parties			
1:30 PM									
2:00 PM	7:30 PM - 11:00 PM Paddle Ball/ Handball/ Racquetball 	5:00 PM - 6:00 PM OPEN GYM	7:30 PM - 9:00 PM OPEN GYM	5:00 PM - 6:00 PM OPEN GYM	6:00 PM - 9:00 PM Teen Center (Full Court)	6:00 PM - 8:00 PM Half Court Basketball 	5:30 PM - 7:00 PM OPEN GYM		
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM	Interval Training Setup	6:00 PM - 7:00 PM Train Like An Athlete (Full Court)	6:30 PM - 7:30 PM YAI Basketball	6:00 PM - 9:00 PM Paddle Ball	6:00 PM - 9:00 PM Teen Center (Full Court)	6:00 PM - 8:00 PM Half Court Basketball 	7:00 PM - 8:00 PM Full Court Basketball 		
4:30 PM									
5:00 PM	7:30 PM - 11:00 PM Paddle Ball/ Handball/ Racquetball 	7:00 PM - 11:00 PM Full Court Basketball 	9:00 PM - 11:00 PM Full Court Basketball 	9:00 PM - 11:00 PM Half Court Basketball 	9:00 PM - 11:00 PM OPEN GYM	GYM CLOSED	GYM CLOSED		
5:30 PM									
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM	7:30 PM - 11:00 PM Paddle Ball/ Handball/ Racquetball 	7:00 PM - 11:00 PM Full Court Basketball 	9:00 PM - 11:00 PM Full Court Basketball 	9:00 PM - 11:00 PM Half Court Basketball 	9:00 PM - 11:00 PM OPEN GYM	GYM CLOSED	GYM CLOSED		
8:00 AM									
8:30 AM									
9:00 AM									
9:30 AM									
10:00 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED		
10:30 PM									
11:00 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									

- FAMILY TIME
- GROUP EXERCISE CLASSES
- SCHOOL PROGRAMS
- TEEN PROGRAMS
- Y AFTERSCHOOL
- YOUTH PROGRAMS
- YOUTH SPORTS PROGRAMS

# GYM B SCHEDULE (EFFECTIVE 2/1/2019)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED		
6:00 AM	6:00 AM - 9:45 AM Full Court Basketball 	6:00 AM - 9:15 AM Full Court Basketball 	6:00 AM - 9:45 AM Full Court Basketball 	6:00 AM - 9:15 AM Full Court Basketball 	6:00 AM - 9:45 AM Full Court Basketball 			7:00 AM - 9:45 AM OPEN GYM 	7:00 AM - 9:30 AM Full Court Basketball 
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM	9:45 AM - 11:00 AM Ready, Set, Math & Read	9:15 AM - 11:00 AM Early Learners Program	9:45 AM - 11:00 AM Ready, Set, Science	9:15 AM - 11:00 AM Early Learners Program	9:45 AM - 11:00 AM Ready, Set, Math & Read	9:45 AM - 10:45 PM Youth Gymnastics 4-6	9:30 AM - 11:30 AM Half Court Basketball 		
9:00 AM						10:45 AM - 11:30 AM Youth Gymnastics 7-12			
9:30 AM	11:00 AM - 2:30 PM OPEN GYM 	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	11:30 AM - 12:30 PM Youth Gymnastics 3-4	11:30 AM - 12:30 PM Redeemer Church		
10:00 AM		11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:30 AM - 12:30 PM Youth Gymnastics 3-4			
10:30 AM		11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:30 AM - 12:30 PM Youth Gymnastics 3-4			
11:00 AM		11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:30 AM - 12:30 PM Youth Gymnastics 3-4			
11:30 AM		11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:20 AM - 12:00 PM Harvest Collegiate PE	11:30 AM - 12:30 PM Youth Gymnastics 3-4			
12:00 PM		12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 1:00 PM OPEN GYM 	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	12:30 PM - 3:00 PM Birthday Party		12:30 PM - 2:30 PM Birthday Party	
12:30 PM		12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 1:00 PM OPEN GYM 	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	12:30 PM - 3:00 PM Birthday Party			
1:00 PM		12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	1:00 PM - 3:00 PM Winston Prep Basketball	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:15 PM OPEN GYM		12:30 PM - 2:30 PM Birthday Party	
1:30 PM		12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	1:00 PM - 3:00 PM Winston Prep Basketball	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:15 PM OPEN GYM			
2:00 PM		12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	1:00 PM - 3:00 PM Winston Prep Basketball	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:15 PM OPEN GYM		12:30 PM - 2:30 PM Birthday Party	
2:30 PM	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:00 PM OPEN GYM	1:00 PM - 3:00 PM Winston Prep Basketball	12:00 PM - 3:00 PM OPEN GYM	12:00 PM - 3:15 PM OPEN GYM				
3:00 PM	2:30 PM - 3:30 PM Y Afterschool	3:00 PM - 3:45 PM Y Afterschool	3:00 PM - 5:00 PM Y Afterschool	3 PM - 3:30 PM Afterschool	3:15 PM - 4:00 PM PS 41 Gym & Swim	3:00 PM - 5:30 PM Birthday Party	Family Time Setup		
3:30 PM	3:00 PM - 3:45 PM Y Afterschool	3:00 PM - 3:45 PM Y Afterschool	3:00 PM - 5:00 PM Y Afterschool	3 PM - 3:30 PM Afterschool	3:15 PM - 4:00 PM PS 41 Gym & Swim		3:00 PM - 4:30 PM Family Time		
4:00 PM	3:30 PM - 6:00 PM Instructional Basketball	3:45 PM - 5:00 PM WIHS Y-Games (Full Court)	3:00 PM - 5:00 PM Y Afterschool	3:30 PM - 4:30 PM Youth Tumbling 3.5-5	4:00 PM - 6:00 PM Instructional Basketball (Full Court)	3:00 PM - 5:30 PM Birthday Party	Family Time Breakdown		
4:30 PM	3:30 PM - 6:00 PM Instructional Basketball	3:45 PM - 5:00 PM WIHS Y-Games (Full Court)	3:00 PM - 5:00 PM Y Afterschool	3:30 PM - 4:30 PM Youth Tumbling 3.5-5	4:00 PM - 6:00 PM Instructional Basketball (Full Court)		5:00 PM - 7:00 PM Family Basketball 		
5:00 PM	3:30 PM - 6:00 PM Instructional Basketball	3:45 PM - 5:00 PM WIHS Y-Games (Full Court)	3:00 PM - 5:00 PM Y Afterschool	3:30 PM - 4:30 PM Youth Tumbling 3.5-5	4:00 PM - 6:00 PM Instructional Basketball (Full Court)	3:00 PM - 5:30 PM Birthday Party	5:00 PM - 7:00 PM Family Basketball 		
5:30 PM	3:30 PM - 6:00 PM Instructional Basketball	3:45 PM - 5:00 PM WIHS Y-Games (Full Court)	3:00 PM - 5:00 PM Y Afterschool	3:30 PM - 4:30 PM Youth Tumbling 3.5-5	4:00 PM - 6:00 PM Instructional Basketball (Full Court)		5:30 PM - 8:00 PM Full Court Basketball 		
6:00 PM	Interval Training Setup	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)	5:30 PM - 8:00 PM OPEN GYM 	7:00 PM - 8:00 PM Full Court Basketball 		
6:30 PM	6:30 PM - 7:30 PM Interval Training (Full Court)	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)				
7:00 PM	6:30 PM - 7:30 PM Interval Training (Full Court)	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)	5:30 PM - 8:00 PM OPEN GYM 	7:00 PM - 8:00 PM Full Court Basketball 		
7:30 PM	6:30 PM - 7:30 PM Interval Training (Full Court)	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)				
8:00 PM	6:30 PM - 7:30 PM Interval Training (Full Court)	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)	5:30 PM - 8:00 PM OPEN GYM 	7:00 PM - 8:00 PM Full Court Basketball 		
8:30 PM	6:30 PM - 7:30 PM Interval Training (Full Court)	6:00 PM - 7:00 PM Train Like An Athlete (FULL COURT)	6:00 PM - 7:30 PM Y/F Program	6:05 PM - 7:00 PM HIIT	6:00 PM - 9:00 PM Teen Center (Full Court)				
9:00 PM	7:30 PM - 11:00 PM Half Court Basketball 	7:00 PM - 11:00 PM Full Court Basketball 	7:30 PM - 9:00 PM OPEN GYM 	7:00 PM - 11:00 PM Volleyball 	9:00 PM - 11:00 PM OPEN GYM 	GYM CLOSED	GYM CLOSED		
9:30 PM	7:30 PM - 11:00 PM Half Court Basketball 	7:00 PM - 11:00 PM Full Court Basketball 	7:30 PM - 9:00 PM OPEN GYM 	7:00 PM - 11:00 PM Volleyball 	9:00 PM - 11:00 PM OPEN GYM 				
10:00 PM	7:30 PM - 11:00 PM Half Court Basketball 	7:00 PM - 11:00 PM Full Court Basketball 	7:30 PM - 9:00 PM OPEN GYM 	7:00 PM - 11:00 PM Volleyball 	9:00 PM - 11:00 PM OPEN GYM 				
10:30 PM	7:30 PM - 11:00 PM Half Court Basketball 	7:00 PM - 11:00 PM Full Court Basketball 	7:30 PM - 9:00 PM OPEN GYM 	7:00 PM - 11:00 PM Volleyball 	9:00 PM - 11:00 PM OPEN GYM 				
11:00 PM	7:30 PM - 11:00 PM Half Court Basketball 	7:00 PM - 11:00 PM Full Court Basketball 	7:30 PM - 9:00 PM OPEN GYM 	7:00 PM - 11:00 PM Volleyball 	9:00 PM - 11:00 PM OPEN GYM 				
11:00 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	<ul style="list-style-type: none"> <li>• EARLY CHILDHOOD PROGRAMS</li> <li>• FAMILY TIME</li> <li>• GROUP EXERCISE CLASSES</li> <li>• SCHOOL PROGRAMS</li> <li>• TEEN PROGRAMS</li> <li>• Y AFTERSCHOOL</li> <li>• YOUTH SPORTS PROGRAMS</li> </ul>			