



# GYM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA

## ACTIVITIES

7/1/2019-8/31/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Summer Camp</b> 8:00am-9:30am Gym 1	<b>Summer Camp</b> 8:00am-10:00am Gym 2	<b>Summer Camp</b> 8:00am-9:30am Gym 1	<b>Summer Camp</b> 8:00am-10:00am Gym 2	<b>Summer Camp</b> 8:00am-6:15pm Gym 2	<b>*QuickStart Tennis</b> 9:00am-11:00am Gym 2   3-10 yrs	<b>B-Ball Jr.</b> 9:00am-11:30am Full Gym   7-12 yrs old
<b>Tai Chi</b> 9:00am-10:00am Gym 2   18+ yrs	<b>*Child Watch</b> 10:00am-12:00pm Gym 1	<b>Tai Chi</b> 9:00am-10:00am Gym 2   18+ yrs	<b>*Child Watch</b> 10:00am-12:00pm Gym 1   6mo-7yrs	<b>*Child Watch</b> 10:00am-12:00pm Gym 1   6mo-7yrs	<b>B-Ball Jr.</b> 11:00am-2:00pm Full Gym   All Ages	<b>Special Event**</b> 11:30am-3:30pm Full Gym
<b>*Child Watch</b> 10:00am-12:00pm Gym 1   6mo-7yrs	<b>*Indoor Playground</b> 10:00am-12:00pm Gym 1   Parent-Child	<b>*Child Watch</b> 10:00am-12:00pm Gym 1	<b>*Indoor Playground</b> 10:00am-12:00pm Gym 1   Parent-Child	<b>*Indoor Playground</b> 10:00am-12:00pm Gym 1   Parent-Child	<b>Badminton</b> 6:00pm-8:55pm Gym 2 / All Ages	<b>Badminton</b> 5:00pm-7:55pm Gym 2   All Ages
<b>*Indoor Playground</b> 10:00am-12:00pm Gym 1   Parent-Child	<b>Tai Chi Fan</b> 10:15am-11:15am Gym 2   18+ yrs	<b>*Indoor Playground</b> 10:00am-12:00pm Gym 1   Parent-Child	<b>Badminton</b> 6:00pm-8:00pm Gym 2   All Ages	<b>*Teen Center</b> 6:00pm-9:00pm Gym 2   12-18 yrs		
<b>Summer Camp</b> 10:15am-6:15pm Gym 2	<b>Adult Handball</b> 6:00pm-8:00pm Gym 2   18+ yrs	<b>Summer Camp</b> 10:15am-6:15pm Gym 2				
<b>Zumba</b> 7:00pm-8:00pm Gym 1   12+ yrs	<b>*ABC Hoops Men's League</b> 8:50pm-11:00pm Full Gym   18+ yrs	<b>*QuickStart Tennis</b> 3:30pm-5:30pm Gym 1   3-10 yrs				
<b>*ABC Hoops Men's League</b> 8:50pm-11:00pm Full Gym   18+ yrs		<b>*ABC Hoops Men's League</b> 6:50pm-11:00pm Full Gym   18+ yrs				

Gym is located on the lobby level.  
\*Programs that require registration.  
\*\*Please check with the front desk.  
Schedule is subject to change.

\*ABC Hoops is an adult basketball league.

University Settlement Gymnasium Hours:  
Tuesdays & Thursdays 1:00PM - 5:00PM  
Saturdays 2:00PM - 5:00PM

**KEY:**  
Activity Name  
Time offered  
Gym side / Age group

## OPEN GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	7:00am-8:50am Full Gym	12:00pm-3pm** Full Gym
12:30pm-6:30pm Gym 1	8:00am-8:45am Gym 1	12:15pm-3:15pm Gym 1	8:00am-8:45am Gym 1	12:30pm-5:45pm Gym 1	8:50am-11:00am Gym 1	5:00pm-7:55pm Gym 1
8:00pm-8:50pm Full Gym	11:30am-12:45pm Gym 2	5:35pm-6:50pm Gym 1	11:30am-12:45pm Gym 2	5:50pm-9:00pm Gym 1	5:05pm-8:55pm Gym 1	
	5:00pm-8:00pm Gym 1		5:00pm-8:00pm Gym 1	9:00pm-10:55pm Full Gym		
	8:00pm-8:45pm Full Gym					



# 體育館時間表

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 華埠青年會

## 活動

7/1/2019-8/31/2019

星期一	星期二	星期三	星期四	星期五	星期六	星期日
夏令營 8:00am-9:30am Gym 1	夏令營 8:00am-10:00am Gym 2	夏令營 8:00am-9:30am Gym 1	夏令營 8:00am-10:00am Gym 2	夏令營 8:00am-6:15pm Gym 2	*兒童網球 9:00am-11:00am Gym 2	*小型籃球遊戲 9:00am-11:30am Gym 1+2 / 7 至10歲
太極 9:00am-10:00am Gym 2 / 成人	*兒童看護 10:00am-12:00pm Gym 1 / 家長/兒童	太極 9:00am-10:00am Gym 2 / 成人	*兒童看護 10:00am-12:00pm Gym 1 / 家長/兒童	*兒童看護 10:00am-12:00pm Gym 1 / 家長/兒童	*小型籃球遊戲 11:00am-2:00pm Gym 1+2 / 成人	**生日派對 11:30am-3:30pm Gym 1+2/家長/兒童
*兒童看護 10:00am-12:00pm Gym 1 / 家長/兒童	*室內遊樂 10:00am-12:00pm Gym 2 / 成人	*兒童看護 10:00am-12:00pm Gym 1+2 / 成人	*室內遊樂 10:00am-12:00pm Gym 2 / 成人	*室內遊樂 10:00am-12:00pm Gym 2 / 12至18歲	成人羽毛球 6:00pm-8:55pm Gym 2 / 成人	成人羽毛球 5:00pm-7:55pm Gym 2 / 成人
*室內遊樂 10:00am-12:00pm Gym 1+2 / 5 至18歲	太極 10:15am-11:15am Gym 2 / 成人	*室內遊樂 10:00am-12:00pm Gym 1+2 / 成人	成人羽毛球 6:00pm-8:00pm Gym 2 / 成人	青少年中心 6:00pm-9:00pm Gym 2 / 12-18 歲		
夏令營 10:15am-6:15pm Gym 2	成人手球 6:00pm-8:00pm Gym 1+2 / 成人	夏令營 10:15am-6:15pm Gym 2				
森巴舞 7:00pm-8:00pm Gym 1   12+ yrs	*成人籃球 9:00pm-11:00pm Gym 1+2 / 18+ 歲	*兒童網球 3:30pm-4:30pm Gym 2 / 3-10 歲				
*成人籃球 9:00pm-11:00pm Gym 1+2 / 18+ 歲		*成人籃球 7:00pm-11:00pm Gym 1+2 / 18+ 歲				

體育館位於一樓。  
\*此課程需要報名。  
\*\*請向前台服務部查詢。  
時間表隨時可以改變的

圖例:  
活動名稱  
時間提供  
地點/年齡組

## 體育館開放

星期一	星期二	星期三	星期四	星期五	星期六	星期日
6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	6:00am-8:00am Full Gym	7:00am-8:50am Full Gym	12:00pm-3pm** Full Gym
12:30pm-6:30pm Gym 1	8:00am-8:45am Gym 1	12:15pm-3:15pm Gym 1	8:00am-8:45am Gym 1	12:30pm-5:45pm Gym 1	8:50am-11:00am Gym 1	5:00pm-7:55pm Gym 1
8:00pm-8:50pm Full Gym	11:30am-12:45pm Gym 2	5:35pm-6:50pm Gym 1	11:30am-12:45pm Gym 2	5:50pm-9:00pm Gym 1	5:05pm-8:55pm Gym 1	
	5:00pm-8:00pm Gym 1		5:00pm-8:00pm Gym 1	9:00pm-10:55pm Full Gym		
	8:00pm-8:45pm Full Gym					