



GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA

ACTIVITIES

1/1/2020 - 1/31/2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|---|---|--|
| Tai Chi 9:00am-10:00am Gym 2 18+ yrs | *Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs | Tai Chi 9:00am-10:00am Gym 2 18+ yrs | *Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs | *Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs | *QuickStart Tennis 9:00am-11:00am Gym 2 3-10 yrs | B-Ball Jr. 9:15am-11:45am Full Gym 7-12 yrs old |
| *Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs | *Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child | *Child Watch 9:00am-12:00pm Gym 1 6mo-7yrs | *Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child | *Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child | OPEN GYM 11:00am-2:15pm Full Gym All Ages | Special Event** 11:45am-3:30pm Full Gym |
| *Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child | Tai Chi Fan 10:15am-11:15am Gym 2 18+ yrs | *Indoor Playground 9:00am-12:00pm Gym 1 Parent-Child | Badminton 6:00pm-8:00pm Gym 2 All Ages | *Teen Center 6:00pm-9:00pm Gym 2 12-18 yrs | Badminton 6:00pm-8:55pm Gym 2 All Ages | Badminton 5:00pm-7:55pm Gym 2 All Ages |
| *Steady Buckets 4:00pm-6:15pm Gym 1 +2 / 5-12yrs | Adult Handball 6:00pm-8:00pm Gym 2 / 18+ yrs | *QuickStart Tennis 3:30pm-5:30pm Gym 2 3-10 yrs | | | | |
| Zumba 7:00pm-8:00pm Gym 1 12+ yrs | *5-on-5 Adult Basketball League 8:50pm-11:00pm Full Gym 18+ yrs | *5-on-5 Adult Basketball League 6:50pm-11:00pm Full Gym 18+ yrs | | | | |
| *5-on-5 Adult Basketball League 8:00pm-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.

KEY:
Activity Name
Time offered
Gym side / Age group

OPEN GYM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|----------------------------|---------------------------|----------------------------|----------------------------|----------------------------|---------------------------|
| 6:00am-9:00am Full Gym | 6:00am-8:45am Full Gym | 6:00am-9:00am Full Gym | 6:00am-9:00am Full Gym | 6:00am-9:00am Full Gym | 7:00am-8:50am Full Gym | 12pm-3:30pm** Full Gym |
| 10:15am-12:15pm Gym 2 | 8:45am-10:00am Gym 2 | 10:15am-12:15pm Gym 2 | 9:00am-10:00am Gym 2 | 9:00am-10:00am Gym 2 | 8:50am-11:00am Gym 1 | 5:00pm-7:55pm Gym 1 |
| 12:15pm-2:45pm Full Gym | 11:30am-12:15pm Gym 2 | 12:15pm-3:15pm Gym 1 | 11:30am-12:15pm Gym 2 | 11:30am-12:15pm Gym 2 | 11:00am-2:15pm Full Gym | |
| 6:30pm-8:00pm Gym 2 | 12:15pm-1:50pm Full Gym | 4:45pm-5:45pm Gym 1 | 12:15pm-1:50pm Full Gym | 12:15am-2:45pm Full Gym | 5:35pm-8:55pm Gym 1 | |
| | 6:00pm-8:00pm Gym 1 | 5:45pm-6:50pm Full Gym | 6:00pm-8:00pm Gym 1 | 5:30pm-9:00pm Gym 1 | | |
| | 8:00pm-8:45pm Full Gym | | | 9:00pm-10:55pm Full Gym | | |



體育館時間表

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

華埠青年會

活動

1/1/2020 - 1/31/2020

| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | 星期日 |
|---|--|--|---|--|--|---|
| 太極 9:00am-10:00am Gym 2 / 成人 | *兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童 | 太極 9:00am-10:00am Gym 2 / 成人 | *兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童 | *兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童 | *兒童網球 9:00am-11:00am Gym 2 | *小型籃球遊戲 9:15am-11:45am Gym 1+2 / 7至10歲 |
| *兒童看護 9:00am-12:00pm Gym 1 / 家長/兒童 | *室內遊樂 9:00am-12:00pm Gym 2 / 成人 | *兒童看護 9:00am-12:00pm Gym 1+2 / 成人 | *室內遊樂 9:00am-12:00pm Gym 2 / 成人 | *室內遊樂 9:00am-12:00pm Gym 2 / 12至18歲 | 體育館開放 11:00am-2:15pm Gym 1+2 / 成人 | **生日派對 11:45am-3:30pm Gym 1+2/家長/兒童 |
| *室內遊樂 9:00am-12:00pm Gym 1+2 / 5至18歲 | 太極 10:15am-11:15am Gym 2 / 成人 | *室內遊樂 9:00am-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 | 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 |
| 森巴舞 4:00pm-6:15pm Gym 1 / 12+歲 | 成人手球 6:00pm-8:00pm Gym 1+2 / 成人 | *兒童網球 3:30pm-4:30pm Gym 2 / 3-10歲 | | | | |
| *成人籃球 8:00pm-11:00pm Gym 1+2 / 18+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-9:00am Full Gym | 6:00am-8:45am Full Gym | 6:00am-9:00am Full Gym | 6:00am-9:00am Full Gym | 6:00am-9:00am Full Gym | 7:00am-8:50am Full Gym | 12pm-3:30pm** Full Gym |
| 10:15am-12:15pm Gym 2 | 8:45am-10:00am Gym 2 | 10:15am-12:15pm Gym 2 | 9:00am-10:00am Gym 2 | 9:00am-10:00am Gym 2 | 8:50am-11:00am Gym 1 | 5:00pm-7:55pm Gym 1 |
| 12:15pm-2:45pm Full Gym | 11:30am-12:15pm Gym 2 | 12:15pm-3:15pm Gym 1 | 11:30am-12:15pm Gym 2 | 11:30am-12:15pm Gym 2 | 11:00am-2:15pm Full Gym | |
| 6:30pm-8:00pm Gym 2 | 12:15pm-1:50pm Full Gym | 4:45pm-5:45pm Gym 1 | 12:15pm-1:50pm Full Gym | 12:15am-2:45pm Full Gym | 5:35pm-8:55pm Gym 1 | |
| | 6:00pm-8:00pm Gym 1 | 5:45pm-6:50pm Full Gym | 6:00pm-8:00pm Gym 1 | 5:30pm-9:00pm Gym 1 | | |
| | 8:00pm-8:45pm Full Gym | | | 9:00pm-10:55pm Full Gym | | |