



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYMNASIUM

Room Schedule for FEBRUARY 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING CLASSES													
Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-9:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Closed			
			Open Gym (All Ages) 6:45-9:00am			Open Gym (All Ages) 6:45-9:30am		Adult Pickleball (16+) 6:45-9:30am	Adult Badminton (16+) 7-9:15am	Open Gym (All Ages) 7-9:15am	Adult Basketball (16+) 7-9:15am		
Zumba 9:45-10:45am Christina		Open Gym (All Ages) 9:30-10:15am	Turbo Kick 9:30-10:20am Jana	Zumba 9:45-10:45am Jessica		Zumba 9:45-10:45am Rachel			Zumba Gold 9:30-10:25am Diana	Zumba 9:30-10:30am Christina		Badminton (All Ages) 7:30-12:30pm	Pickleball (All Ages) 7:30-12:30pm
Open Gym (All Ages) 11-12pm	Zumba Gold 11-11:55am Diana	Zumba 10:30-11:30am Rachel		Open Gym (All Ages) 10:45-12pm	Core Strength 10:45-11:15am Tim	Adult Basketball (16+) 11-12pm	Open Gym (All Ages) 11-12pm	Open Gym (All Ages) 9:30-12pm	Open Gym (All Ages) 10:30-12pm	Open Gym (All Ages) 10:45-12pm	Open Gym (All Ages) 10:45-12pm		
AFTERNOON/EVENING CLASSES													
Open Gym (All Ages) 12-6pm	Open Gym 12-4:00pm	Open Gym (All Ages) 12-6pm			Open Gym (All Ages) 12-4:15pm			Open Gym (All Ages) 12-10pm	Open Gym (All Ages) 12-2:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 1-6pm	Open Gym (All Ages) 1:30-6pm
	YMCA Program** 4-5pm		Open Gym (All Ages) 12-7pm	Open Gym (All Ages) 12-7:15pm	YMCA Program** 4:30-6pm	Open Gym (All Ages) 12-8:30pm	Open Gym (All Ages) 12-6:30pm		Reserved for YMCA program on 2/2 1-2pm 2/9 1-1:30pm	Badminton (All Ages) 4-5:45pm	Badminton (All Ages) 4-5:45pm		
Adult Basketball (16+) 6:15-10pm	Teen Basketball (14+) 5:15-10pm	Badminton (All Ages) 6:15-9:30pm			Adult Basketball (16+) 6:15-10pm			Zumba 7-8pm Liz		Adult Badminton (16+) 6-7:30pm	Volleyball (All Ages) 6-7:30pm	Closed	
			Teen Basketball (14+) 7:15-10pm	Adult Basketball (16+) 7:30-10pm		Adult Volleyball (16+) 8:30-9:30pm	Adult Volleyball (16+) 7-9:30pm	Open Gym (All Ages) 8-10pm	Open Gym (Teen 11-16) 2:30-10pm	Closed			

COMING THIS MONTH

SALSA NIGHT
Saturday Feb 10, 6pm-7:30pm
Come join us for a night of salsa dancing! Steve and Jessica have been dancing together for 16 years and will be teaching basic salsa moves for new dancers. No experience required!

FAMILY FUN NIGHT - CABIN FEVER
Friday Jan 19, 6:30pm-8:30pm
Cure cabin fever this winter with a night at the Y including inflatables and a giant indoor snowball fight!

SKILLS & DRILLS: BASKETBALL
Saturday Feb 24, 9:45am-10:45am
This class will focus on the development of fundamentals. It will allow players to learn new skills, develop sportsmanship, and learn the rules of the game.