



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA GYM AT CENTRAL WASHINGTON UNIVERSITY

Room Schedule for MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Closed	Closed	Closed	AOA Chair Yoga 1pm-1:45pm Elaine	Closed	YMCA Programming Skills & Drills Youth Basketball 9am-11am	Closed
	AOA Strength 2pm-2:45pm Jennifer	Teen Open Gym 1:30pm-2:45pm Taylor	AOA Yoga for Healthy Back 2pm-2:45pm Elaine			
Teen Yoga 3pm-3:45pm Grace	Teen Open Gym 3pm-3:45pm Taylor	Teen Meditation 3pm-3:45pm Grace	Teen Open Gym 3pm-4:30pm Taylor		YMCA Programming Teens 3v3 Basketball Tournament 11am-1pm	
Community Partner 6pm-8pm	YMCA Programming 5:30pm-7:30pm	Closed	YMCA Programming Skills & Drills Youth Basketball 5pm-6:30pm			
Closed	Adult Badminton 7:30pm-10pm		Adult Badminton 7:30pm-10pm	Closed	Closed	

COMING THIS MONTH

PARENT/CHILD SKILLS & DRILLS BASKETBALL
Wednesdays, starting Mar 7, 4pm-4:30pm
Children learn basic skills to help develop hand-eye and foot coordination as well as skill development and team work.

AOA DAY TRIP: NISQUALLY NATIONAL WILDLIFE REFUGE
Friday Mar 23, 11am-3pm

FAMILY SNOWSHOE
Saturday Mar 17, 11am-3pm
Come and enjoy the snow in the beautiful Cascades this winter!
We provide snowshoes, transportation and staff to guide you on