



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LARGE GYMNASIUM

Room Schedule for APRIL 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 Open Gym (All Ages) 6:45-9:00am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am Open Gym (All Ages) 6:45-9:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am Adult Pickleball (16+) 6:45-9:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Closed				
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		Open Gym (All Ages) 9:30-12pm	Zumba Gold 9:30-10:25am Diana	Zumba 9:30-10:30am Christina		Badminton (All Ages) 7:30-12:30pm	Open 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) 10:30-12pm	Open Gym (All Ages) 10:45-12pm	Open Gym (All Ages) 10:45-12pm			
AFTERNOON/EVENING CLASSES														
Open Gym (All Ages) 12-4pm	Open Gym (All Ages) 12-5pm Reserved for YMCA program Kids U on 4/9 12-2pm 4/9 4-6pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-7pm Reserved for YMCA program Kids U on 4/10 12-2pm 4/10 4-6pm	Open Gym (All Ages) 12-8pm	Open Gym (All Ages) 12-2pm Reserved for YMCA program Kids U on 4/11 12-2pm	Open Gym (All Ages) 12-8pm	Open Gym (All Ages) 12-6:30pm Open Gym (All Ages) 12-2pm Reserved for YMCA program Kids U on 4/12 12-2pm	Open Gym (All Ages) 12-10pm Reserved for YMCA program Sports Station on 4/13 1-1:30pm	Open Gym (All Ages) 12-2:30pm Reserved for YMCA program on 4/6 1-2pm 4/13 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** Kids U 4-6pm					YMCA Program** Kids U 2-4pm									
Adult Basketball (16+) 6:15-10pm	Teen Basketball (14+) 5:15-10pm	Badminton (All Ages) 6:15-9:30pm	Teen Basketball (14+) 7:15-10pm	Adult Basketball (16+) 8:15-10pm	Adult Basketball (16+) 7:30-10pm	Adult Volleyball (16+) 8:30-9:30pm	Adult Volleyball (16+) 7-9:30pm		Open Gym (Teen 11-16) 2:30-10pm Reserved for YMCA program on 4/13 2:30-3pm	Badminton (All Ages) 4-5:45pm	Badminton (All Ages) 4-5:45pm	Adult Badminton (16+) 6-7:30pm	Open Volleyball (All Ages) 6-7:30pm	
													Closed	

<p><b>COMING THIS MONTH</b></p> <p><b>SPORTS CLINICS—BASKETBALL</b> Tuesday, Wednesday, Thursday, April 3-5, 2pm-4pm Tuesday, Wednesday, Thursday, April 10-12, 2pm-4pm YMCA Teen Sports are about building the whole person from the inside out. Sports Clinics focuses on the development of basketball fundamentals. Players will scrimmage the last 15 minutes of each clinic session.</p>	<p><b>SWING DANCE WORKSHOP</b> Saturday, April 21, 6-7:30pm Learn Swing basic steps, variations, and lead-and-follow techniques. Teresa will help you feel comfortable on the dance floor and be ready for any celebration. Bring your friends for a fun night out this Saturday evening!</p>	<p><b>PARENTS' NIGHT OUT</b> Saturday, April 21, 5:30pm-9:30pm Give yourself some TLC while your kids play and learn alongside their peers in a safe, trusted place. A balanced dinner will be provided. This month's Parents' Night Out theme is UNDER THE STARS.</p>
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\*\*YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.