



Activity Center Schedule

Winter 2019

HIGHLIGHTED TIME SLOTS

Basketball play/dribbling is not permitted during these times, outdoor basketball court available.

OPEN GYM: -First come, first served.

HOOPS & Middle School HOOPS: -Adhere to age guidelines for facility usage.

-Pick up games are played during these times only.

- Profane language/gestures and apparel with written or illustrated profanity, are prohibited in the facility.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|---|
| 5:30am-12:00pm OPEN GYM | 5:30-6:45am Group Ex Class | 5:30-6:45am Group Ex Class | 7:15-8:45am OPEN GYM | 5:30-6:45am Group Ex Class | 7:00-8:45am OPEN GYM | 7:00am-8:45am OPEN GYM |
| | | 6:45am-12:00pm OPEN GYM | 9:00-10:00am Group Ex Class | 6:45-8:15am OPEN GYM | | 8:15-9:30am Group Ex Class |
| 10:15-11:45am OPEN GYM | 9:30am-12:00pm OPEN GYM | | 12:00-1:30pm HOOPS Ages 18+ | 1:30-2:30pm HOOPS Ages 16+ | | |
| 11:45am-1:15pm Group Ex Class | | | | | 12:00-1:30pm HOOPS Ages 18+ | 2:30-4:00pm Middle School HOOPS |
| | 1:15-2:30pm OPEN GYM | | 2:30-4:00pm Middle School HOOPS | 4:00-5:00pm OPEN GYM | | |
| 1:30-2:30pm HOOPS Ages 16+ | 2:30-4:00pm Middle School HOOPS | 1:30-2:30pm HOOPS Ages 16+ | | | 2:30-4:00pm Middle School HOOPS | 4:00-5:00pm OPEN GYM |
| 2:30-4:00pm Middle School HOOPS | 4:00-5:00pm Kinder Kickz (non YMCA program) | 2:30-4:00pm Middle School HOOPS | 4:00-5:45pm OPEN GYM | 5:00-9:30pm Youth Basketball League Practice | | |
| 4:00-5:00pm OPEN GYM | 5:15-7:00pm Small Group Personal Training | 4:00-5:00pm OPEN GYM | | | 5:45-7:15pm Group Ex Class | 10:00am-7:30pm YOUTH BASKETBALL GAMES |
| | | 5:00-6:00pm Little Sportsters Ages 3-5 | | | | |
| 5:00-9:30pm Youth Basketball League Practice | 7:00-8:30pm Youth Basketball League Practice | 6:00-7:00pm OPEN GYM | 7:15p-9:30pm Youth Basketball League Practice | | | |
| | 8:30-9:30pm HOOPS ages 16+ | 7:00-9:30pm Youth Basketball League Practice | | | | |